

What is a Proctogram?

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This is an X-ray study of the rectum and muscles of the pelvic floor.

Who has made the decision?

The doctors in charge of your case, and the radiologist will have discussed the situation, and feel that this is the best option. However, you will also have the opportunity for your opinion to be taken into account, and if, after discussion with your doctors, you do not want the procedure carried out, you can decide against it.

Who will be performing the proctogram?

A specially trained radiographer or radiologist will perform the test. They will need to look at these images while carrying out the procedure to ensure the test is complete

A Radiology Nurse will be present in the room to assist during the procedure, they will introduce themselves at the start of the procedure.

How do I prepare for a proctogram?

There is no preparation for this procedure.

Where will the proctogram take place?

Generally in Fluoroscopy of the Medical Imaging Department.

What happens during the proctogram?

When you arrive in the department you will be given a drink containing barium. The actual examination will be performed approximately one hour after this is to allow time for the barium to pass through the small bowel.

It is necessary to empty your rectum before the study and therefore you will be given an enema when you arrive for the test.

During the study itself barium paste will first be introduced into your rectum via a syringe. You will then be asked to sit on a specially designed seat behind a screen and the X-ray machine is pulled across in front of the seat. Whilst the examination is in progress the number of staff in the room is kept to a minimum and the door is locked to avoid interruptions.

The Radiologist/Radiographer performing the study will ask you to tense and relax the pelvic floor muscles and then to empty the barium from your rectum.

How long will it take?

Every patient's situation is different, and it is not always easy to predict how complex or how straightforward the examination will be. Overall you should expect to be in the Medical Imaging Department for a total time of about TWO hours.

What happens after?

All the images taken during the examination are reviewed by the Radiologist.

Risks

Please alert staff if you have a wheat or gluten allergy.

Privacy and dignity

Sometimes tests, although necessary, can be embarrassing or undignified for patients but we will endeavour to do everything we can to make you as comfortable as possible during your visit to the department. We hope that the information in this leaflet will answer any questions you may have but please feel free to contact us on **01392 402336** if you have any particular worries, questions or concerns.

Occasionally trainee radiographers or Doctors may be present to observe the procedure.

Contact us

If you found reading your leaflet difficult, you do not understand what it means for you, if you have any queries or concerns you can contact us on: **01392 402336** and we can talk it through.

How to get to the Royal Devon & Exeter Hospital at Wonford

Please refer to the enclosed "Welcome to the Medical Imaging Department" leaflet or use the Trusts website for the latest information:

www.rdehospital.nhs.uk/our-sites

For more information on the Medical Imaging Department, please visit our website:

www.rdehospital.nhs.uk/services/medical-imaging-radiology-x-ray

*Modified with acknowledgment of,
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