

A guide to your Proctogram exam

You have been referred to the Radiology Department to have a Proctogram examination. This information leaflet will help explain the procedure you are having. If you have further queries or if there is anything you do not understand, please feel free to contact the Radiology Department and a member of staff can discuss it with you in more detail.

What is a Proctogram?

A proctogram is an examination which produces a series of images that shows us how your rectum (lower bowel) functions during passing of a bowel motion. It investigates possible causes for symptoms such as incontinence or difficulty in passing stool. The procedure takes place in the Radiology Department and will last approximately 30 minutes.

Who will perform the procedure?

The proctogram is performed by a clinical specialist Radiographer, a trained professional in this type of scan.

What are the benefits of having a Proctogram exam?

This examination will provide information on the structure and function of your rectum. It can detect the cause of your symptoms, and these can be addressed.

What are the risks?

A proctogram is a relatively low risk examination.

There is a very small risk of bowel perforation, i.e., a tear in the wall of the bowel.

X-ray radiation is used to acquire the images in a proctogram. The dose that you get from proctogram examination is small and the associated risks are low. The benefits of having the examination outweigh any risk.

Clinical staff are responsible for making sure the dose that you receive is kept as low as necessary to aid your diagnosis or treatment.

Are there any alternatives?

Your referrer has decided that a proctogram would be the most useful in your case. The examination will help your referrer to assess you more fully and plan any further treatment that might be necessary. If you would like more information about alternative imaging tests, please speak to the doctor or health care professional managing your care.

Is there anything I need to do to prepare for the procedure?

There is no special dietary preparation needed before the examination.

You will be required to insert a laxative suppository into the back passage on the morning of your appointment. This is to ensure that the rectum is as empty from stool as possible

before the exam. This suppository can be inserted anytime up to an hour before you leave the house to come for your appointment.

If you are on medication for heart conditions, or conditions such as epilepsy or hypertension, this can be taken as normal.

What happens on the day of your procedure?

At the time of your appointment a member of staff will call you from the waiting room and verbally check your ID.

If you are of childbearing potential and between the ages of 10 - 55, you will be asked to sign a form to say that there is no possibility that you are pregnant.

PLEASE LET THE X-RAY STAFF MEMBER KNOW IF YOU ARE PREGNANT OR IF THERE IS A CHANCE YOU MIGHT BE

Let the X-ray staff member know if you have any allergies.

You will be shown into a changing cubicle and asked to undress from your waist down. This is to remove any clothing and metal which may obscure detail on the images. You will be provided with an examination gown.

Consent – asking for your consent

Before the examination, the Radiographer will explain in detail what will happen during the procedure. You will be asked to sign a consent form if you are happy for the examination to go ahead. If you do not wish to have the examination or are undecided, please tell the Radiographer.

Students/trainees may be present during the examination but only with your verbal consent.

Please remember that you can ask the Radiographer any questions you have at any time before, during or after your examination.

What happens during the Proctogram exam?

- On entering the x-ray room, you will be asked to lie down on examination couch and a rectal catheter (small plastic tube) will be inserted into the back passage. A chaperone will be present at all times during the procedure.
- A Clinical Specialist Radiographer will take real time X-ray images as barium paste (similar consistency to toothpaste) is inserted into the back passage through the catheter. Once enough barium paste is in place, the rectal catheter will be removed.
- You will then be asked to sit on a specially designed toilet.
- You will be given instructions during the examination on movements you are required to perform. Real time images will be captured with bowel at rest when you are asked to squeeze and hold the muscles in the back passage and finally when you are asked to empty your bowels.
- Every effort will be made during the examination to ensure your privacy and modesty are maintained and you feel as relaxed and comfortable as possible.

Will I feel any pain?

The examination should not be painful. Apart from having to remain still for a short while, you should feel no discomfort.

What happens after your Proctogram exam?

After the test, you will be shown into the toilet. You can spend as long as you need getting freshened up and dressed. You can carry on with your normal daily routine. You should not need the toilet more frequently or with more urgency than you normally would.

You should try to eat a high fibre diet and drink plenty of fluids for a few days after the examination to avoid becoming constipated. *N.B. If you have problems with your heart or water retention, you may not be able to drink this amount of water safely. If in doubt, contact your GP (General Practitioner) for advice.*

Your bowel motions will be paler than normal for a few days after the test.

When will I get the results?

The Radiographer who performed the procedure will write a formal report. This report can be accessed by the Doctor who referred you within a few days following the test. You will be able to discuss the results and treatment options with the referring team at your outpatient follow up appointment.

Other things we need to know before you arrive...

Please let us know as soon as possible if you are not able to attend for your appointment and we can arrange a more suitable appointment for you.

Please let us know if you will have problems standing, if you use a wheelchair or have any other mobility issues that we may need to know about.

Please let us know if there is a possibility you could be pregnant.

Image sharing

Your images will be electronically stored on the hospital picture archiving system. This data can be accessed throughout the Belfast Health and Social Care Trust and other doctors and health care professionals who are directly involved in your care. The ability to share images and radiological reports will improve the safety and quality of your care by ensuring that the right information is available in the right place at the right time.

In order to improve the medical services we provide we may also use your data as anonymously as possible for internal audit and medical education. If you would prefer that your data is not used for these purposes, please inform a member of staff when you attend for your examination.

If your data is to be used for research, then a separate consent process will be used. You will be asked for your consent, should this be the case.

Contact us

If you have any queries, we will be happy to answer any questions on the day of your Proctogram, or you can contact us on the number given on your appointment letter.

**Karen Hamilton or Emma McConville (Clinical Specialist Radiographers) on
028 950 41557**

Feedback

We hope you found the information in this leaflet helpful. If it did not tell you what you needed to know or you would like to provide any feedback on your experience, please let us know so that we can make any necessary improvements.

You can provide feedback on your experience:

Telephone: **028 9504 8000** (Monday-Friday: 9am-4pm)

Textphone: **18001 028 950 48000**

By email: compliments@belfasttrust.hscni.net

By email: complaints@belfasttrust.hscni.net

By completing an online form: <http://www.belfasttrust.hscni.net/contact/FeedbackForm.htm>

Care Opinion



We invite you to share your experience by clicking the following link:
<https://www.careopinion.org.uk/>

or by scanning the following QR code on your smartphone or tablet:



Language and accessible support services

Deaf/Hard of Hearing

If a Sign Language interpreter is required, please either telephone **028 9615 8900** via the Sign Video remote interpreting service (<https://signvideo.co.uk/deaf-community/>) or email us at MPHAdminFOH@belfasttrust.hscni.net and we will arrange one for your appointment. Please have your H&C number ready when calling or include it in your email. This can be found at the top right corner of any Health and Social Care letters you may have received.

If you are unable to hear on the phone and need to contact us with regards to your appointment, you can email us at MPHAdminFOH@belfasttrust.hscni.net.

Do you need this information in another format or language?

The Trust has access to interpreting and translation services. If you need this information in another language or format, including Braille, large print, CD, audio tape please contact the telephone number **028 9615 8900** or e-mail address **MPHAdminFOH@belfasttrust.hscni.net**, and we will do our best to meet your needs.

Polish - Czy potrzebujesz tych informacji w innym formacie lub języku?

Fundusz ma dostęp do usług w zakresie tłumaczeń ustnych i pisemnych. Jeśli potrzebujesz tych informacji w innym języku lub formacie, w tym w piśmie Braille'a, dużym druku, na płycie CD, kasecie magnetofonowej, skontaktuj się z nami pod numerem telefonu lub adresem e-mail **028 9615 8900 / MPHAdminFOH@belfasttrust.hscni.net**, a my dołożymy wszelkich starań, aby spełnić Twoje potrzeby.

Arabic - هل تحتاج هذه المعلومات بصيغة أو بلغة أخرى؟

تستطيع الجمعية توفير خدمات الترجمة الفورية والتحريرية. إذا احتجت هذه المعلومات بلغة أو بصيغة أخرى، بما فيها صيغة برايل Braille أو صيغة بالأحرف الكبيرة، أو في سي دي CD أو في شريط مسموع، يُرجى الاتصال برقم التليفون أو عبر البريد الإلكتروني **MPHAdminFOH@belfasttrust.hscni.net / 028 9615 8900**، وسوف نبذل قصارى جهدنا في تلبية احتياجاتك.

Lithuanian - Ar jums reikia šios informacijos kitu formatu ar kalba?

Tarnyba gali suteikti vertimo žodžiu ir raštu paslaugas. Jei reikia šios informacijos kita kalba ar formatu, įskaitant Brailio raštą, didelį šriftą, kompaktinį diską, garso įrašą, skambinkite telefonu arba susisiekite el. paštu **MPHAdminFOH@belfasttrust.hscni.net / 028 9615 8900** ir mes padarysime viską, kad patenkintume jūsų poreikius.

Romanian - Aveți nevoie de aceste informații într-un alt format sau altă limbă?

Trustul are acces la servicii de interpretariat și traducere. Dacă aveți nevoie de aceste informații într-o altă limbă sau într-un alt format, inclusiv Braille, tipărire cu caractere de mari dimensiuni, CD, înregistrare audio, atunci vă rugăm să ne contactați la numărul de telefon sau la adresa de e-mail **MPHAdminFOH@belfasttrust.hscni.net / 028 9615 8900**, iar noi vom face tot posibilul pentru satisfacerea necesităților dumneavoastră.

Tetum - Ita presiza atu informasaun ida ne'e iha formatu ka lian seluk ka lae?

Fidusiáriu ida ne'e iha asesu ba servisu durubasa no tradusaun. Se Ita presiza informasaun ida ne'e iha lian ka formatu seluk, inklui letra Braille, letra boot, CD, kasete audio, entaun favór telefone númeru ka enderesu e-mail **MPHAdminFOH@belfasttrust.hscni.net / 028 9615 8900**, no ami sei halo esforsu tomak atu kumpre Ita-nia nesesidade sira.