

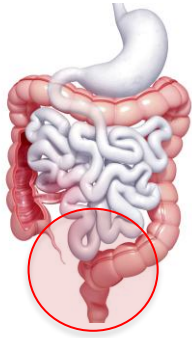
Proctogram Tests



Learn about

- ✓ **Proctogram tests**
- ✓ **and how to get ready for one.**

What is a Proctogram?



The **rectum** is like a small bag at the end of the large intestine.

It holds poo until you are ready to go to the toilet.



A **proctogram** is a special test that takes pictures of your **rectum**.

The pictures show how your **rectum** works when you go for a poo.



The test takes about 30 minutes.



The test helps us

- ✓ understand how your **rectum** works
- ✓ find out why you may leak poo or have trouble pooing
- ✓ and find out how to help you.

How safe is the test?



A proctogram is usually very safe.

It should not be painful.



There is a very small risk of a **bowel perforation**.

A **bowel perforation** means a small tear in the bowel wall.



The test uses a small amount of X-rays.

Staff will make sure the X-ray is as safe as possible.

Can I have a different test?



Your doctor or health worker decided that a Proctogram is the best test for you.

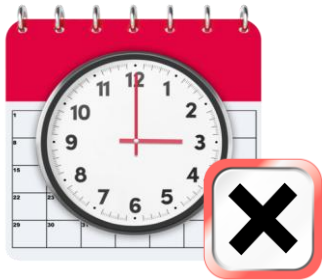
The test will help them

- ✓ understand your health better
- ✓ and plan any treatment you may need.



Ask your doctor if you want to know about other tests you could have instead.

Before your appointment



Tell us if you can not come to your appointment

We can find you a better date and time to have the test.



Tell us if you use a wheelchair or find it hard to stand and move around.



Tell us if you might be pregnant.



If you have any questions you can

- ✓ call the phone number on your appointment letter or
- ✓ ask us on the day of your test.

Getting ready for the test



You do not need a special diet before the test.



Take any heart, epilepsy or blood pressure tablets as normal.



On the morning of your appointment you will need to use a **laxative suppository**.

A **laxative suppository** is a small medicine that you put up your bottom.

It helps you to poo so your rectum is empty.



Use the suppository up to one hour before you leave home for your appointment.

What happens on the day?



Go to the hospital radiology department.

Staff will check your name and details.

A staff member will call you from the waiting area.



You can ask to have someone with you while you have the test.



Please tell staff if you

- ✓ are pregnant
- ✓ might be pregnant
- ✓ have any allergies

We might ask you to sign a form to show you have told us you are not pregnant.



You will go to a changing room.

You must take off clothes and anything metal from your waist down.

You will be given a hospital gown to wear.

Giving your consent



You will be asked if you are happy to have the test.

This is called your **consent**.

You can say yes or no.



Sometimes you will be asked if students can watch your test being done.

You can say yes or no to this.



You can ask questions at any time.

What happens during the test?



You lie on your side on a hospital bed.

Someone will stay with you to look after you and help you feel comfortable.



A **radiographer** will gently put a small plastic tube into your bottom.

A **radiographer** is a trained person who takes pictures of the inside of your body.

They will put **barium paste** into your bottom through the tube.
It helps us take clear pictures inside you.

The tube will then be taken out.



You will sit on a special toilet.

The radiographer will tell you what to do.



X-ray pictures will be taken

- ✓ when you are resting
- ✓ when you squeeze and hold your bottom muscles
- ✓ when you have a poo.

What happens after the test?



You will be shown to the toilet.
You can take your time to wash and dress.

You can carry on with your day.



You should not need the toilet more than usual.

Your poo may look pale for a few days.



Drink plenty of water.



You can eat as normal.

Eat food with fibre.
For example, fruit and vegetables.
This will help you poo.



If you feel unwell, call your GP or the Radiology Department.

Getting your results



A doctor will write a report after your test.

The report is sent to the doctor who sent you to get the Protogram.



You will talk about the results at your next hospital appointment.

Contact Us



If you have any questions you can:

- ✓ call the phone number on your appointment letter or
- ✓ ask us on the day of your test.

What happens to your X-rays?



Your X-ray pictures are saved on a computer.

Only your care team can see them.

This helps doctors share the right information safely.



We might use your X-ray to train staff or check how well we work.

No one will know they are your X-rays.

Tell a member of staff if you do not want this to happen.



We will ask you if we want to use your X-rays for research.

Care Opinion



Share your health and social care experience at

➤ www.careopinion.org.uk

➤ or by scanning the QR code.

Feedback



Tell us if you find the information in this leaflet helpful.

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