

# MRI PROCTOGRAM



## Preparing for your scan

- Please arrive at the time specified on your appointment letter.
- Bring your completed safety questionnaire with you.
- If you suffer from diabetes, bring any medication you take and something to eat with you for after the scan. Please also notify the department so an early appointment can be made for you.
- Please avoid bringing any unnecessary valuables.
- You will be asked to change into a hospital gown.
- You will not be able to eat anything for 4 hours prior to your scan, and just drink water or clear fluids.
- Any additional local dietary requirement may also be provided.
- The scan should not be painful but may be uncomfortable.

Your doctor has asked you to have this examination to look at the movement of your back passage and pelvic floor during the emptying of your bowels. It uses Magnetic Resonance Imaging (MRI) which is a way of taking pictures inside the body without using x-rays – more detail on MRI is outlined in the leaflet enclosed.

This examination itself takes **about 20 minutes**, however you may **be in the department for up to 1 hour**.



## Side effects

The most common side effect is as a result of the suppository which can cause diarrhoea.

You may also have abdominal pain, nausea, chills, dehydration, blisters, anal itching/stinging or an allergic reaction, but these are extremely rare. Should you experience any problems once home please contact your GP or local A&E.

Part of the required preparation for your scan will involve the need for a suppository.

Please obtain one from your local pharmacy and use at home before attending for your appointment.

You will be provided one on attendance to your appointment

Generally this involves a small capsule that goes into your bottom and has a laxative effect helping to empty your back passage. This may be uncomfortable but should not be painful. The suppositories need time to take effect and this varies from person to person, and you may need to use the toilet a few times until your back passage is empty.

The examination will be explained and you will be asked to change into a gown. You will be taken into the scan room and initially be asked to lie on your side on the scan table.

A small tube will then be placed into your bottom and 100mls of gel (the same used for an ultrasound scan) inserted. You will need to hold the gel in until given specific instructions. Disposable underwear will be provided, along with absorbent padding.



## During the scan

- You will lie on your back with your knees bent and a piece of equipment placed over your pelvis which helps take the pictures.
- You will then lie feet first in the MRI scanner for approximately 15-20 minutes. The examination is split into a series of scans which can vary in length from 1-5mins.
- You will be given ear protection to help block out the loud noises of the scanner.
- There will be instructions given to you during the scans (you may wish to practice these at home) which may include:
  - Clench, count to three and relax continuously during a scan
  - Clench, relax and then push (as if going to the toilet)
- If the gel is not fully expelled, you may be asked to go to the toilet and return to the scan room for further images.

## After your scan

Following your scan, a toilet will be readily available and you will be given access to changing facilities to clean up and get changed. Wet wipes should be made available and you are welcome to bring anything else with you that may help you feel clean before you leave. You can eat and drink as normal, and it is advisable to drink plenty of fluids until your bowel movements return to normal. The images need to be examined in detail by a doctor who is specialised in reading these images, so we are unable to give you any results straight away. You will need to make a follow-up appointment with the clinician who referred you for this examination.

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