

# Defecography

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## Patient Information



## What is Defecography?

Defecography is an x-ray of the rectum and anal canal that uses a specialized technique called fluoroscopy. The test is used to find changes in the rectum and anal canal during defecation with the help of contrast medium. The examination helps evaluate disorders in the lower bowel that cannot be seen through colonoscopy and sigmoidoscopy.

## How do I prepare for the procedure?

- You will be required to take laxatives for two days before the procedure.
- Take the prescribed laxatives after an early dinner, as prescribed by your doctor, on both days.
- Laxatives may cause diarrhea. However, if you already have diarrhea, please tell your doctor.
- Patients taking Ispaghul Husk or its substitutes should stop using these at least three days before the procedure.
- Only consume food which is allowed on the diet instruction sheet provided to you at the time of appointment, for two days before the procedure.
- Do not eat breakfast on the day of the examination. You can only take fluids, including plain juice & water.
- Make sure that you have your doctor's prescription and previous medical/radiology records on the day of the procedure.
- Please inform your physician if you have any allergies or have had a bad reaction to any procedure in the past.

## What will happen during the procedure?

- You will be asked to lie down on the x-ray table.
- The radiologist will perform a rectal examination and introduce barium paste into the rectum.
- You will then be asked to sit on a commode where you will have to strain, squeeze and push the barium paste outside the rectum.
- During this time, the radiologist will take X-ray images, which will give a clear view of the pelvic floor muscles and rectum during defecation.

## Will the procedure hurt?

This procedure is not painful. Some patients may feel mild bloating or cramping, but these will go away soon.

## What will happen after the procedure?

You may be asked to drink extra fluids to remove the remaining barium from bowel through the rectum. You can resume your normal diet after the procedure.

## How do I schedule an appointment?

Please make your appointments at 021-111-911-911 or the Radiology Reception Counters at AKUH.

### Please note the following:

- Arrive 15 minutes before your appointment for registration and other formalities. Late arrival may lead to delay/rescheduling of your examination.
- Patients requiring urgent care may be given priority. This may result in a delay in starting your procedure. Your cooperation in this regard is highly appreciated.
- If you are pregnant or if there is a chance you might be pregnant, inform your doctor before the procedure. Your doctor may need to reschedule or cancel the examination.
- It is advisable to bring an attendant with you.
- If you have any queries, please contact us at 021-111-911-911.