

## Patient information

# Proctogram examination information

### What is a proctogram examination?

A proctogram is a specialized X-ray examination that provides information on how the last part of your bowel functions. The purpose of the test is to try to find out what may be causing your symptoms (e.g. incontinence or difficulty in passing stool). You need to allow about two hours for the procedure.

### What happens during the examination?

When you arrive in the X-ray department you will be asked to drink some barium liquid. You will then be asked to wait for about an hour and a quarter before the examination to allow time for the barium to pass through your system. You may leave the radiology department during this time but you must not leave the hospital. You may also eat, drink or use the toilet during this time.

You will then be asked to change into a hospital gown and dressing gown. You may bring your own dressing gown if you wish. You will then be taken into the examination room and be introduced to a specialist radiographer who will perform the examination. An imaging assistant will assist the radiographer during the examination. This next part of the examination will take approximately 20 minutes.

You will be asked to lie down on a couch and a small tube will be gently introduced into your back passage. A white barium paste will be passed through the tube into your rectum. The tube will then be removed. If you are female we may insert some dye into your vagina. This highlights this area on the X-ray and allows us to see everything in more detail.

You will then be asked to sit on a toilet (commode) positioned within the X-ray equipment. A modesty screen will then be positioned around you. The room will be darkened to enable the special television system to be viewed properly and to provide some privacy.

When you are comfortable we will take some X-rays: first an image is taken at rest, then we will ask you to empty your bowels.

After the examination you will be shown to a private toilet where you can re-dress before you leave the department.

We fully appreciate that the examination is a little undignified and we will make every effort to make you feel relaxed and comfortable.

The West Suffolk Hospital is a teaching hospital and as part of their training it is necessary for students to observe examinations. If you do not wish for an observer to be present please tell the receptionist on arrival.

### **Are there any risks or side effects?**

The barium may cause constipation, to help prevent this you should have lots to drink for the next few days. The barium may also make your stools paler than usual.

### **When will you get the results?**

The scan / images will be examined after your visit and a written report on the findings sent to your referring doctor which is normally available in 14 days.

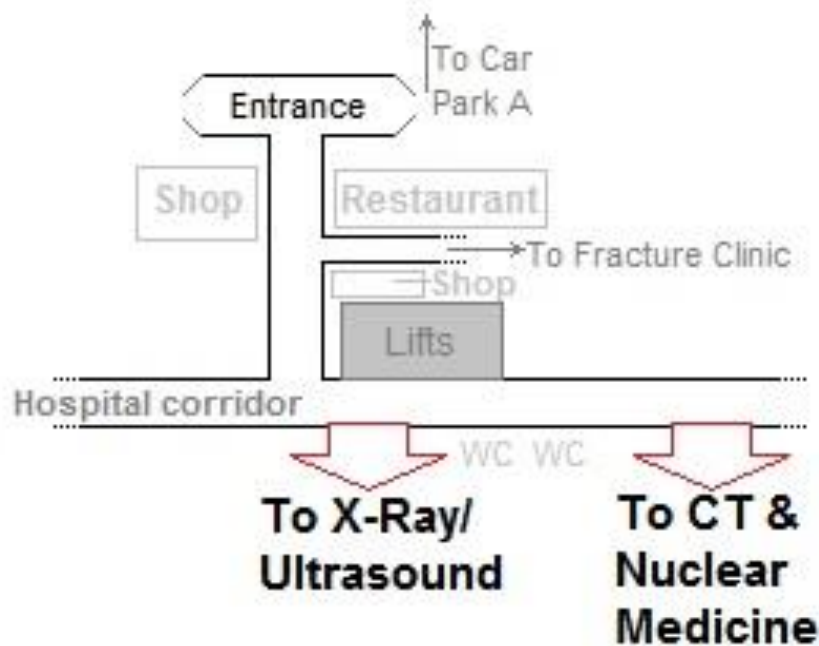
**If you cannot for any reason keep this appointment please telephone 01284 713378 which is a direct line into the department. This will avoid undue delay and will help us to keep our waiting list as short as possible.**

**Please note:** The hospital is not responsible for any lost or stolen valuables. Please leave all jewellery at home, including body piercing ornaments and rings if possible. Wedding rings need not be removed.

### **Hospital transport**

Transport has **not** been booked. If you are eligible for transport or have any queries regarding transport eligibility, please contact the E-zec booking office on **0300 999 6666**.

## Directions to the X-ray department



**Car parking for patients/visitors** is available in Car Park A at the front of the hospital (the first car park to the right as you enter the site), and Car Park D at the rear of the site near the MRI and Macmillan Units.

West Suffolk Hospital operates a number plate recognition system for all vehicles entering the site. When ready to leave, please visit one of the pay stations on site. Enter your vehicle registration number and pay the required fee. The exit barriers will recognise the vehicle registration and that the parking has been paid for, and will open automatically. Please check the hospital website ([www.wsh.nhs.uk](http://www.wsh.nhs.uk)) for further information on car parking, fees, exemptions and penalties.

**Please allow plenty of time to park before your appointment as the car parks are continuously busy throughout the day.**

## X-rays and pregnancy

Because of the potential risks to an unborn child we need to know, for certain examinations, if there is any possibility of a patient being pregnant.

All female patients between the ages of 12 years and 54 years of age will be asked if there is the possibility of pregnancy.

Discussion will be carried out in private and in confidence.

**It is not advisable to bring children with you for this appointment as staff cannot legally look after them.**

# Ionising Radiation (Medical Exposure) Regulations 2017

The Ionising Radiation (Medical Exposure) Regulations 2017 states we must inform you of the use and risks of radiation.

You are here for a fluoroscopy study which uses x-rays to produce images of your body. The amount of radiation you will receive will depend on the type of procedure you are having. It has been deemed necessary for you to have this procedure as the results will be of benefit to you.

Please be assured that we always aim to keep radiation exposures as low as possible.

Below are some example doses for different fluoroscopy procedures:

<b>Diagnostic procedure</b>	<b>Typical effective dose (milliSieverts)</b>	<b>Equivalent amount of background radiation</b>
Barium swallow	1.5	8 months
Hysterosalpingogram	0.3	1.6 months
Sialography	0.4	2.2 months
Barium follow through	1.2	6.7 months
Proctography	2.05	11.2 months

UK average background radiation = 2.2 mSv per year.

This is the amount of radiation you would receive naturally living in the UK.

If you have any questions, please speak to the radiographer carrying out your examination.

## Data protection information

West Suffolk NHS Foundation Trust will manage your information in line with the General Data Protection Regulation 2016/679. The information you provide will be retained for the purposes of your healthcare. The information will be retained in line with the *NHS Records Management Code of Practice for Health & Social care*.

You have rights in relation to the way we process your information. If you no longer want us to use your information for the purposes specified above; if you want to request to have your information erased or rectified, please contact the Information Governance team on 01284 712781.

We will review all requests in relation to your rights under GDPR, along with our responsibilities for record keeping.

Images may be used for research purposes as well as teaching. Patients must inform a member of staff know if they do not consent to this.

As part of a shared service agreement with other NHS organisations, your radiology images and records may be shared with these other organisations as part of determining and providing your care. If you would like to know more about the extent of this sharing, or you wish us not to share at all with another organisation, or have any other concerns about it, please contact a member of staff.

*If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (formerly DisabledGo)*

<https://www.accessable.co.uk>



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