

Defecography in South Karelia Central Hospital

The examination provides information about function of the rectum and the possibility of pelvic organ prolapse during defecation (pooping).

X-ray images will be taken during the examination.

The examination is also called defecography.

Please reserve approximately 2 hours for your visit.

The examination usually takes approximately 30 minutes.

Patients who need urgent examinations may be examined before you.

Please see the arrival instructions for contact information if you have any questions about the examination.

Before the examination

- **If you are pregnant or you suspect that you are pregnant**, please inform the doctor who referred you to this examination as soon as possible.
- Buy 4 packages of Colonsteril granules.

On the day before the examination

- Drink plenty of fluids. You may drink water, tea, and coffee, for example. Do not drink juices with pulp. You may also drink berry or fruit soup if it has been filtered so that it does not contain seeds or peels.
- Eat broths: such as filtered meat, fish, chicken, or vegetable broth.
- Do not drink any milk or eat dairy products, such as yoghurt, quark (rahka) or 'viili'.
- At around 4 p.m., prepare the Colonsteril solution. Mix 1 package of granules with 1 liter of water; a total of 4 liters. Store the solution in the fridge because it is easier to drink when it is cold.
- The solution will keep for 24 hours.
- Starting at 4 p.m., drink 1 liter of Colonsteril solution every hour for 4 hours. Colonsteril will cause your bowels to empty, so stay close to the toilet.
- Your bowel movements will start about 1 hour after you start drinking the solution.
- Drinking Colonsteril may cause temporary nausea, swollen abdomen, or stomach cramps.

- If you feel nauseous, it may help to slow down the pace of drinking Colonsteril.
- You may also drink clear juices, that is juices without pulp. Don't drink more than ½ liter of juice.
- You may also suck on cough drops. It may make it easier to drink the solution.

On the day of the examination

- Do not eat or drink at all in the morning.
- You may take your prescription medicines in the morning with a small amount of water.
- You are not allowed to drink at all during the 2 hours before the examination, not even water.

During the examination

1 hour before imaging you will be given contrast medium to drink.

The contrast medium you drink will help to make the small bowel better visible in the images.

After you have drank the contrast medium, you may leave the X-ray unit.

However, you will need to return at the agreed upon time.

During the waiting period, women are given a tampon moistened with iodine contrast medium.

The tampon will be inserted at the Gynecological Outpatient Clinic to where you will be guided from the X-ray unit.

The inserted tampon will help us see in the images how the vagina moves during defecation.

During the actual scan, contrast medium will be applied into the rectum via the anus.

During this, you will lie on your side on the examination table.

After the contrast medium has been applied, the radiologist will take X-ray images.

The images are taken while you sit on a bucket.

Images will be taken at rest, during pushing, and during defecation.

After the examination

- Eat as usual.
- Drink more fluids than usual. It will help the contrast medium leave your bowel quicker.
- The contrast medium may turn the color of your feces white.

You will receive the results of the examination from the doctor who treats you.

If you do not know how to find out the results, please contact the outpatient clinic or ward that referred you to this examination.

Other things to note

You will not be charged for the examination separately.

Cancel the appointment if you cannot come.
If you do not cancel, you will be charged a fine.