

## **Rectal contrast imaging**

Rectal contrast examination, also called defecography, can be used to determine the function of the rectum and possible lowering of the pelvic floor in connection with defecation in adult patients.

The examination is done when the patient has difficulty passing stools, feeling of poor rectal emptying or rectal prolapse. Rectal contrast imaging is not suitable for pregnant women.

### **How to prepare for the examination?**

- No preparation is required.
- You can eat normally.
- On the morning of the examination, the use of enemas and laxatives is prohibited.

### **How is the examination done?**

1.5 hours before the start of the actual examination, you will receive 700 millilitres of contrast agent to drink, in order to image the end of the small intestines. The contrast agent has no side effects. During the examination itself, an additional 250 milliliters of thicker contrast is applied through the anus to the rectum.

At the beginning of the examination, you lie on your left side in the imaging table. Later, the imaging table is raised and you sit in a bucket. Images are taken while resting, straining and defecating. The examination takes about 30 minutes, however, it is a good idea to set aside a total of 2 hours for the examination.

### **What about after the examination?**

When the examination is complete, you can leave the X-ray department. You can eat, drink and go to the toilet as usual. After the procedure it is recommended to drink plenty of water so that the contrast agent travels faster out of your gut. You will receive the test results from the referring doctor.