

Defecography in Hyvinkää 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.

Please **arrive 2 hours before your scheduled appointment** for drinking the contrast medium.

Please reserve approximately 3 hours for your visit.

The examination usually takes 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 suspect that you are pregnant**, please inform the doctor who referred you to this examination as soon as possible.
- Buy a Toilax kit from a pharmacy. The package contains 4 tablets for oral use and 1 enema.

On the day before the examination

- Eat and drink as usual.
- Take your medication as usual.
- In the morning, take 2 Toilax tablets with cold water or juice.
- In the evening, take 2 Toilax tablets with cold water or juice.

On the day of the examination

- Administer the enema at home 3 to 4 hours before the examination. Follow the instructions on the package.
- The enema will empty your rectum for the examination.
- Do not eat or drink at all for 4 hours before the examination.
- Take your medication as usual.

During the examination

2 hours 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.

If you are a woman, visit the gynecological outpatient clinic within 2 hours before the examination.

There, a tampon moistened with iodine contrast medium will be inserted.

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

The tampon will be removed after the examination.

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

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

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

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

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

If you have old X-rays of the same area on a CD, please bring CD with you.

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.