University College Hospital

Having an MRI defecating proctogram

Imaging Department
If you would like this leaflet on another format, for example, a large print, or audio, or in translation, please contact us on: 020 3456 7002. We will try our best to meet your needs.

If you have any questions after reading this booklet, please contact us on: 020 3456 7002.

You will need to know your hospital number. This can be found on your appointment letter.
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1 Introduction
This booklet contains information for patients, parents and carers about having an MRI Defecating Proctogram scan to assess the function of your pelvic floor and rectum.

2 What is MRI?
Magnetic Resonance Imaging (MRI) is an imaging tool that uses a powerful magnet to scan your body. The MRI scan will assist in the diagnosis and treatment of your health condition. There is no use of radiation or X-rays.

The MRI scanner is a tube which is open at both ends. You can be seen at all times by the Radiographer.

The MRI scanner has a weight limit of 250kgs. Your referrer will need to make alternative arrangements if you are over this weight.

3 Are there any risks to having an MRI?
MRI scans are not suitable for everyone. Radiographers have to be one hundred percent certain that you meet the safety criteria before entering the MRI scanning room.

You will receive a safety questionnaire to complete with your appointment letter. This is to be completed before attending for your appointment and if you answer yes to any of the questions please call the department. A yes answer does not automatically mean you cannot have the scan, so it is always best to check with us first.
There are currently no known risks of having an MRI if you meet the safety criteria.

4 What if I am claustrophobic?
If you are aware that you are claustrophobic, we recommend you consult with your referrer or your GP who may prescribe medication to help you relax. We **cannot** prescribe this medication for you in the MRI department. Please inform the Radiographer if you are claustrophobic or anxious.

5 What will happen if I choose not to have an MRI?
Your referring doctor will discuss the alternative options with you.

6 Asking for your consent
We want to involve you in all the decisions about your care and treatment. If you decide to go ahead with the scan, by law we must ask you to consent to the test. This confirms that you agree to have the procedure and understand what it involves. The doctor that refers you for the scan will explain the risks, benefits and any alternative tests. If you are unsure about any aspect of your scan please do not hesitate to speak to either your doctor, or the Radiographer who will carry out the scan.

7 Before the MRI scan?
You will receive a ‘Patient Information’ leaflet with your appointment letter explaining the examination.
• You will be asked to arrive 1 hour before your appointment time.

• You will then be asked to change into a hospital gown and lock your valuables into a locker.

• You will 1st be given a small enema (a medicine that goes into your bottom) of around 100ml of fluid (Fleet®).

• After it is administered, you will be asked to wait about 10 minutes before going to the toilet. This time is a guideline as each patient is different. You may need to use the toilet several times before your scan proceeds.

8 What is Fleet®?
Fleet® (sodium phosphates) is a ready-to-use enema used to cleanse the lower part of your bowel. This may be uncomfortable but should not be painful.

9 During the MRI scan
Once in the room, you will be asked to lie on the table on your side. Three tubes of rectal jelly will be inserted into your rectum one at a time.

You will be asked to lie on your back, feet toward the scanner. The MRI makes a loud knocking sound which changes throughout the scan. This is all normal. You will be given headphones that help reduce the noise and you will hear the instructions.

You will be given instructions to push the jelly, like you are using your bowels. This may be repeated several times. If the jelly is
not expelled, you will be asked to go to the toilet to expel the jelly. You will return to the scanner for more imaging.

The scan will last approximately 20 minutes; this may vary depending on whether you are required to return to the scanner for further imaging after you use of the toilet.

During the can you may experience tingling in your hands and feet and may feel an increase in body temperature. These are normal sensations. Please use the contact buzzer if you feel uncomfortable.

10 Are there any side effects from Fleet®?
The most common side effect is diarrhoea. You may also have abdominal pain, nausea, chills, dehydration, blisters, anal itching/stinging or an allergic reaction. These side effects are rare. If symptoms persist contact your doctor or your local Accident and Emergency department.

11 After the MRI scan
You may eat and drink as normal following your scan. We advise you drink plenty of clear fluids until the effects of the enema have passed.

12 How will I get my results?
You will not immediately receive your results. The images will be reviewed by a Radiologist and a report is then issued to your referrer. If you do not already have an appointment to return to the clinic, you should contact your clinic to arrange this appointment.
13 Special information for female patients of child-bearing age (12-55 years)

If you have reason to believe that you may be pregnant please inform the Imaging Contact Centre **before** starting the preparation, and **before** attending your appointment.

**Pregnancy**
To date, there have been no reported effects from MRI to the unborn child. As a precaution we advise against scanning in the first trimester.

**Breastfeeding**
If you are breastfeeding we advise that you do not breastfeed for 24 hours after Fleet® is administered as a safety precaution. It is also advised that you express and discard the breast milk during this time.

14 Interpreter services
If you require the services of an official hospital interpreter please arrange this with the doctor who has referred you for your scan.

Alternatively, you may bring along a relative, carer or a friend who speaks and understands English to translate for you.

15 Child care
We are unable to offer childcare facilities. If you need to bring your children with you, please bring along somebody who can supervise them whilst your examination is being carried out.
16 Frequently asked questions

Can I take my normal medication?
All medication can be taken as normal.

Will I need to bring a dressing gown?
This is not essential, but if you feel more comfortable wearing a dressing gown, then please bring one with you on the day of your test.

Can I bring a relative or friend with me?
Yes.

Will the test be painful?
It may be uncomfortable but should not be painful.

How long will the procedure take?
The time for the preparation and the scan will vary from patient to patient. This procedure will take approximately 60 minutes.

Can my I eat and drink normally before the test?
Yes.

Can my I eat and drink normally after the test?
Yes.
17 Where can I get more information?

University College Hospital London
http://www.uclh.nhs.uk/pages/home.aspx

The Department of Health
www.dh.gov.uk

Royal College of Radiologists
http://www.goingfora.com/

The UCLH Children and young people’s website has information and short films made with our patients about having an MRI and other hospital treatments.
http://www.childrenandyoungpatients.uclh.nhs.uk/

Other NHS hospitals that specialise in children provide information for MRI and other hospital treatments.

Evelina Children’s Hospital

Great Ormond Street Hospital
http://www.gosh.nhs.uk/medical-conditions/procedures-and-treatments/your-child-is-having-an-mri-scan/?locale=en

UCLH cannot accept responsibility for information provided by other organisations.
18 Travelling to the hospital
No car parking is available at the hospital. Street parking is limited and restricted to a maximum of 2 hours.

Please note the University College Hospital lies outside, but very close to the Central London Congestion Charging Zone.

Public transport
Tube
The nearest tube stations, which are within 2 minutes walk are:
Warren Street (Northern and Victoria lines)
Euston Square (Hammersmith & City, Circle and Metropolitan lines)

Overground trains
Euston, King Cross & St Pancras and Kings Cross Thames link railway stations are within 10-15 minutes walk.

Bus
Bus services are shown on the map on page 14.

Further travel information can be obtained from http://www.tfl.gov.uk  Tel: 020 3054 4040

Hospital transport services
If you feel that you are eligible for transport please ring 020 3456 7010 (Mon to Fri 8am-8pm) to speak to a member of the
Transport Assessment Booking Team.
You will need to call at least 7 days before your appointment.

If you have a clinical condition or mobility problem that is unlikely to improve you will be exempt from the assessment process. However, you will still need to contact the assessment team so that your transport can be booked.

If your appointment is cancelled by the hospital or you cannot attend it, please ring 020 3456 7010 to cancel your transport.

**Can an escort be arranged to accompany me in hospital transport?**
This will depend on your clinical condition or mobility. If you meet the criteria then an escort will be booked to accompany you to and from the hospital. However, we aim to keep these to a minimum as escorts take up seats that would otherwise be used for patients.
Bus Stops

N 10, 14, 24, 29, 73, 134, 390
P & Q 10, 18, 30, 73, 205, 390
S T U R 24, 27, 29, 88, 134

V 18, 27, 30, 88, 205
Z 18, 30, 205

Congestion Charge Zone
Main entrance
19 Where is UCH main hospital?
Your have an appointment at the UCH main hospital site, use the map below:

20 Useful telephone numbers
UCH Switchboard
Tel: 0845 155 5000 or 020 3456 7890

Imaging Booking Centre (to change or cancel an appointment)
Tel: 020 3456 7002

Hospital Transport Services
Tel: 020 3456 7010
21 References
Royal College of Radiologists
http://www.rcr.ac.uk

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Space for notes and questions