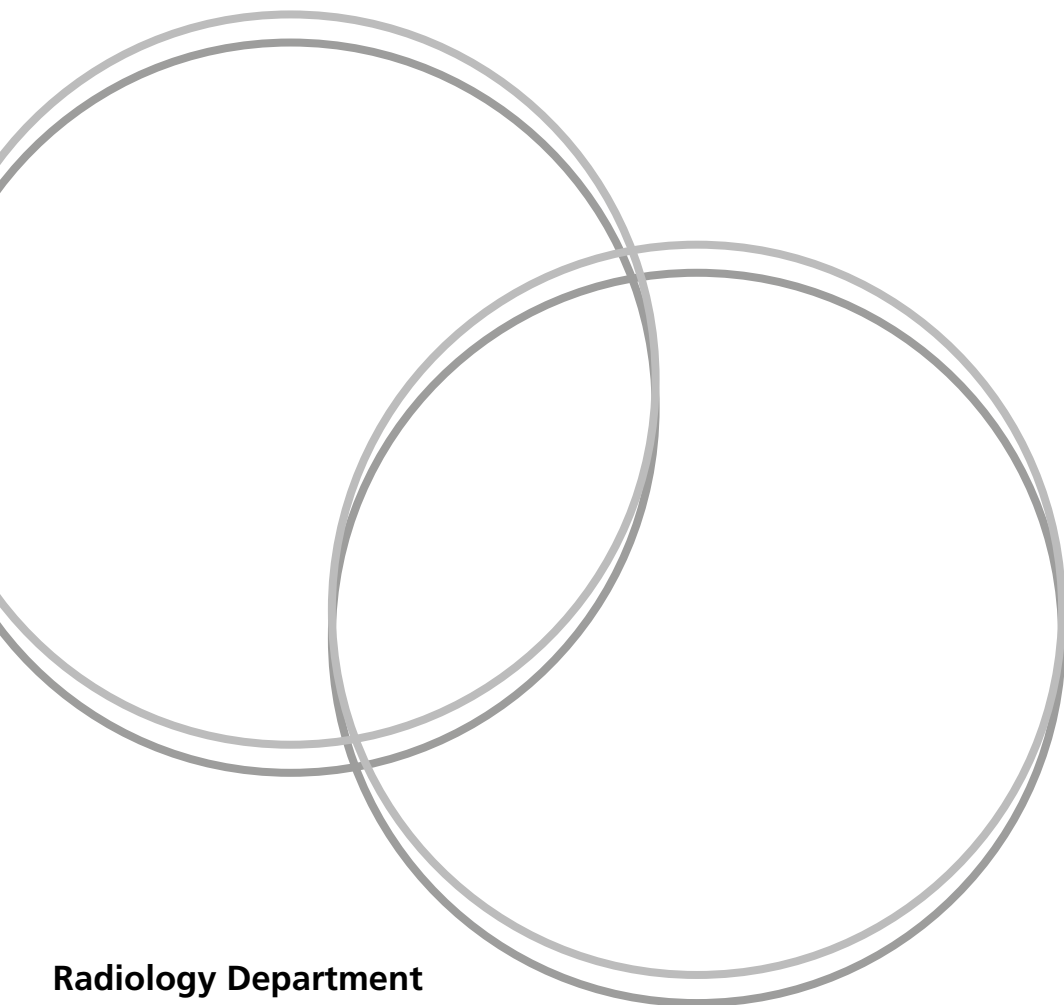




Oxford University Hospitals
NHS Foundation Trust

Contrast enema / pouchogram examination

Information for patients



Radiology Department

Contrast enema/pouchogram examination

The X-ray department has received a request for you to have a contrast enema/ pouchogram examination. This leaflet tells you the purpose of the examination, what's involved and what the risks are. We will also send you an appointment letter and an information sheet which tells you exactly how you need to prepare for this examination.

- If you cannot attend your appointment, please let us know **as soon as possible**. Please telephone us on the number on the front of your appointment letter.
- For people between the ages of 12-55 years it is important to carry out this examination within 10 days of the start of your menstrual cycle (period). This is because the examination should usually be performed when we can be sure that you are not pregnant. If the appointment date does not fall within this time please telephone for another appointment. (If you are using contraception i.e.: pill, injection or the coil which is within its recommended dates or not missed a pill dose, this is sufficient for the pregnancy form).
- If you have an **allergy to latex**, please either phone in advance or inform the staff on arrival at the X-ray department.
- If you weigh more than 196kg or 31 stone, please tell us immediately.

If you need hospital transport to reach the hospital, please arrange this with your GP prior to your appointment.

You can contact us on: **01865 228 944**
(9.30a.m. to 4.30p.m., Monday to Friday)

Contact details are also on the front of your appointment letter.

What is a contrast enema/ pouchogram examination?

This is an X-ray test to examine the last bit of your bowel. A small tube is inserted into your back passage and through this we put a clear sticky liquid (contrast agent) that shows up your bowel. We then take some X-ray pictures. The purpose of the test is to examine the colon to show the anatomy (e.g. frequently before or after an operation).

Can I bring a relative or friend?

Yes, but for reasons of safety they will not be able to accompany you into the X-ray room except in very special circumstances.

Are there any risks?

- Exposure to radiation: This is a low dose examination and the amount of radiation is kept to a minimum. This is equivalent to the amount of background radiation that you naturally receive over 2-3 months.
- There is a very small risk (1 in 2000 patients) of a small tear in the lining of the bowel. This usually happens only if there is severe bowel inflammation.

Your doctor has recommended this examination because they feel that the benefits are greater than the risk of not having the examination. Even so, this test cannot be guaranteed to detect all abnormalities in the bowel.

What happens at home before the examination?

No additional preparation or dietary requirement is needed before the examination.

If you use a stoma bag, please bring a spare bag with you to the examination in case it is needed.

What happens during the examination?

The procedure usually lasts about 15 minutes but you may be at the hospital longer if we need to see emergency patients.

You will be asked to change into a hospital gown to make sure that no metal coins/objects are seen on the pictures. If you need to go to the toilet you should do this before the test begins.

First, the tube is gently inserted into the back passage and the clear fluid is run into the bowel. You will need to clench your bottom tightly to prevent leakage. If any does leak, do not worry, just tell us.

We will ask you to roll into different positions so that we can take pictures. After we have taken all the necessary pictures, the tube is removed and you will be taken to the toilet.

Side effects and what happens after the examination?

You may have a little diarrhoea and possible light bleeding but this should settle down over the next day or so. If it does not, please contact your GP.

When and how will I know the result of the examination?

The pictures of your bowel will be examined by the radiologist, who will then send a report of the results to the person who referred you.

- If your GP referred you, the report is sent to them and you can make an appointment to see them around 10 days later.
- If a doctor/consultant from the outpatient department referred you then the result will be sent out in time for your next outpatient appointment. If you do not yet have another outpatient appointment and do not hear anything within three weeks, you should telephone the consultant's secretary for advice.

Questions or concerns

If you have any questions you can telephone us on the number on the front of your appointment letter.

Further information

Further information can be found on the following websites:

www.oxfordradcliffe.nhs.uk/forpatients/departments/departments.aspx

www.nhsdirect.nhs.uk

www.rcr.ac.uk (Royal College of Radiologists)

If you are unable to keep your appointment, please help us by contacting the Radiology appointments team as soon as possible. Your appointment slot can then be given to someone else, and you will be offered an alternative date and time.

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

Author: Carol Picking, Gastrointestinal Advanced Practitioner
Michael North, Consultant Gastrointestinal Radiographer

October 2022

Review: October 2025

Oxford University Hospitals NHS Foundation Trust
www.ouh.nhs.uk/information



Making a difference across our hospitals

charity@ouh.nhs.uk | 01865 743 444 | hospitalcharity.co.uk

OXFORD HOSPITALS CHARITY (REGISTERED CHARITY NUMBER 1175809)

