

MR Defecography Patient Instructions

WEEKS or DAYS before your appointment:

- **Preparation:** You must follow ALL INSTRUCTIONS in this letter. Your doctor has been notified about your appointment.
- **Purchase a fleet enema:** Purchase a fleet enema from your local pharmacy and perform the enema the day before your appointment. No prescription needed.
- **Take your weight:** Contact Diagnostic Imaging at the number provided above if your weight is over 400lbs.
- **Arrange Childcare:** For safety reasons, children cannot accompany you in procedure rooms and cannot be left unattended.
- **Arrange a support person:** An adult support person is welcome to accompany you to your appointment.
- **Consult your primary care provider:** If you're claustrophobic or require a sedative (Ativan), consult with your doctor before proceeding with your appointment.
- **Know if you're pregnant:** If you're pregnant, consult with your doctor before proceeding with your appointment.
- **Remove your continuous glucose monitoring device (CGMD):** If you have a CGMD or insulin pump, it must be removed before your appointment. www.ipumpit.ca

HOURS before your appointment:

Patients NOT receiving general anesthesia or sedation:

- **4 Hours Before**
 - Stop all food and drink.
 - Continue to take prescribed medication with a sip of water, as directed by your doctor.

Patients receiving general anesthesia or sedation:

- You will be given personalized diet instructions. Contact Diagnostic Imaging at the number provided above if you are unsure of the diet requirements for your procedure.

BRING to your appointment:

- Any medication you may need during your appointment.
- Healthcare card.
- Picture identification.
- Eyeglasses, hearing aid(s), and mobility aid/device.
- Patients with diabetes - insulin and glucometer
- Green sleeve that includes your Goals of Care (GOC) Designation Order form if you have one.

DO NOT bring:

- Leave valuables at home, including jewelry or piercings.
- Limit the number of items you bring to your appointment.

AT your appointment:

- **Consent is required:** A legal representative (parent or alternate decision maker) must be available (in person or by telephone) to provide consent for all patients under the age of 18, or any patients that do not have the capacity to make health care decisions.
- You will be provided with a hospital gown to change into.
- You will be asked to remove all metal items including pins, hairpieces, jewelry, make-up, prosthesis, wallets, and phones.
- You will be asked to drink 2 cups of water 30 minutes before the exam.
- An MRI Technologist will use an enema tip to insert ultrasound gel into your rectum. This will help expand your rectal walls and stimulate a bowel movement.
- While being imaged, the technologist will guide you to push the ultrasound gel out of your rectum using different defecation techniques.
- The images obtained allow the Radiologist to assess the movement of the muscles that support your bowel function and your pelvic floor.
- Your appointment may take up to 2 hours.