

Fluoroscopic (RF) Proctogram Patient Instructions

WEEKS or DAYS before your appointment:

- **Preparation:** You must follow ALL INSTRUCTIONS in this letter. Your doctor has been notified of your appointment.
- **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.
- **Know if you're pregnant:** If you're pregnant, consult with your doctor before proceeding with your appointment.
- **Consult your diabetes care provider:** If you're taking diabetes medications or using Insulin Pump Therapy, consult your diabetes care provider before your appointment. www.ipumpit.ca

DAYS before your appointment:

1 Day Before

- At 12:00pm (noon) the day before your appointment:
 1. Begin fasting. Do not eat any food until after your appointment.
 2. You may continue to drink **clear fluids**.
 3. Take Magnesium Citrate.
 4. Contact Diagnostic Imaging at the number provided above if you have any questions.

Day of Appointment

- Continue fasting and drinking clear fluids only.

What are clear fluids?

- **Allowed:** Fluids that you can see through such as water, apple juice, Gatorade™, Kool-Aid™, Pedialyte™, ginger ale, Sprite™, 7UP™, popsicles, black coffee, or tea.
- **NOT Allowed:** Milk based fluids, broth or soup, energy drinks, fruit flavoured gelatin, Jello™, orange juice, alcohol.

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 have a small catheter (tube) gently placed in your rectum, which will be used to inject contrast. Contrast will make parts of your body more visible in images.
- Your appointment will take up to 2 hours.