



# Defaecography

Information for patients



## What is a defaecography test?

**This test is used to investigate any problems you may have when trying to open your bowels.**

Barium paste (a chalk-like substance) which shows up on X-ray is inserted into your rectum via an examining scope until you have the urge to go to the toilet. You will then sit on a specially designed toilet in front of an X-ray machine and given instructions to open your bowels to pass the barium out of your back passage.

## Are there any risks associated with your test?

There are no serious frequently occurring risks associated with your test.

## What preparation is required for your test?

- ✔ You may eat and drink as normal and continue with any normal medication.
- ✘ You do not need any special preparation for your test.

## What happens during my test?

- 1 Your test will be conducted by your physiologist in a private room with a chaperone present. They will explain your test to you and ask questions about your symptoms.
- 2 You will then be asked to get changed into a gown and lie on the bed ready for your test.
- 3 Your physiologist will insert barium paste (a chalk-like substance which shows up on X-ray) into your rectum using an examining scope until you have the urge to go to the toilet. We will then ask you to sit on a specially designed toilet in front of an X-ray screen. You will then be asked to open your bowels to pass the barium out of your back passage.
- 4 You will be given privacy while you are doing this behind a screen in a darkened room.

⌚ **Your test will take about 10 minutes.**

## How will I get my results?

Your results will be sent by secure email to both you and your referring consultant/doctor. We aim to send out all patient results within five working days of completion of your test.



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