

Having a water soluble enema or pouchogram

Information for patients



What is a water soluble enema or pouchogram?

This is an x-ray examination to demonstrate the last section of your bowel. You will be asked to lie on your left hand side and a small flexible tube will be inserted into your back passage. Contrast (x-ray dye) is run through the tube to demonstrate parts of your bowel whilst x-rays are taken. Most of the contrast will be drained back through the tube after the procedure. The tube is removed and you will be shown to the toilet to pass any of the remaining contrast.

Who performs the test?

The test is performed by a team of healthcare professionals which may include a radiographer, an advanced radiographer practitioner / specialist radiographer, an assistant and a radiologist.

How do I prepare for the test?

Do not stop taking vital medicines (heart drugs, steroids, diuretics / water tablets etc.). You do not need to prepare in advance for this test. You may continue to eat and drink. Please do not stop taking any medication.

What should I bring with me?

You will be required to change into a gown for this examination. The department will supply you with a gown but you may wish to bring your own dressing gown. Please do not bring large sums of money or items of value with you. Unfortunately we are unable to provide any childcare so please make alternative arrangements if necessary.

How long will I be in the department?

Allow up to an hour for your examination. Although we try to keep to your appointment time, occasionally there may be a delay due to emergency patients.

Are there any side-effects?

Radiation

This procedure involves x-rays. Female patients who are, or might be pregnant **must** inform a member of staff in advance.

The amount of radiation used is more than an ordinary x-ray of the chest or body and is equal to the natural radiation we receive from the atmosphere over a period of approximately two years. The risk from this radiation dose is very low.

Allergic reaction

Some patients may be allergic to the x-ray dye or medicines we give you. This is very rare. If you have any allergies please tell the member of staff who is performing your examination, at the start of the examination.

Do you ever fail to complete the examination?

This is a safe examination that is usually successful. If, for any reason, we are unable to perform the examination we will inform your doctor who will discuss the alternatives with you.

Despite these small risks your doctor believes it is beneficial for you to have this examination. Do bear in mind that there are greater risks from missing a serious disorder by not having the examination.

How will I feel following the test?

The contrast is colourless but sticky. We can provide you with cleanser/wipes if required. You may have a small amount of bleeding after the procedure, if this continues contact your consultant / GP. You will be able to eat, drink and resume normal activities immediately.

How will I get my results?

You will not be given your results on the day. The results will be sent to your GP (if they referred you for the test. If so you must make an appointment to see them). If you have been referred by a hospital consultant / specialist then you will be sent an appointment to attend the relevant clinic or contacted by letter with the results.



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