



UNC
HEALTH CARE

Your doctor has ordered a **defecogram** (an x-ray study of the rectum) to see if there are any problems in passing your stool. If there is any chance you could be pregnant, please let your doctor know so that he can order a different kind of test. The x-rays may be damaging to the developing fetus. If you have any questions or concerns regarding your appointment, please call (919) 966-4245.

The purpose of preparation for your defecogram is to make sure that your large bowel is empty in order to provide clear pictures. To assure your bowel is clean and empty, you will receive laxatives and a special diet. It is important that you follow the preparation closely. Just before your barium enema, to be sure your bowel is clean, a plain x-ray examination will be taken by the radiologic technologist. If your colon is not clean, your examination may need to be rescheduled.

Preparing for the appointment

Please get your defecogram preparation kit from UNC Radiology at least 24 hours prior to your scheduled appointment. If you are unable to come to UNC Radiology for your preparation kit, you may get the following items from your local pharmacy:

- Four (4) over-the-counter laxative tablets — *Ducolax*
- One (1) 10-ounce bottle of citrate of magnesium
- One (1) over-the-counter laxative suppository

Fasting before the appointment

If you are taking medicines, you may continue to take them with a small sip of water.

Before the appointment:

- 1 day
- Stop all solid food and begin clear liquid diet
 - EACH HOUR: Drink eight (8) ounces of any clear liquid
 - You may have liquids such as black coffee, tea, soft drinks, clear broth and even Jell-O
 - No milk or, milk products
 - At 1:00 PM, drink a ten (10) ounce bottle of citrate of magnesium
 - At 6:00 PM, take four (4) laxative tablets with eight (8) ounces of water. Do not chew the tablets.

Midnight Stop all liquids; **do not eat or drink anything** until after your test

Morning **Do not eat or drink anything** and when you first get up in the morning, use a laxative suppository IF prior preparation has not worked on bowels.

1 hour Check-in at Radiology. Please bring your UNC Medical Record Card with you. If you do not have a card, please go to Admitting in the Memorial Hospital Lobby to obtain one.

During the Appointment

Once you arrive at your appointment, you will be given two cups of barium to swallow. This will move through your GI tract and mark the location of your small bowel. Once the barium has filled the small bowel, you will be brought into a special room containing a machine called a fluoroscope. The defecogram usually takes approximately half an hour.

Women will be asked to insert a tampon containing a small amount of contrast. The radiologist will then insert a tube into your rectum and barium paste will be instilled into your rectum. Then you will sit on a special commode. With the fluoroscope, the radiologist will watch and take pictures as you empty your rectum.

After the Appointment

If you are not having any more tests, you may eat and drink as usual. You will need to drink plenty of fluids so that you do not become constipated. You may want to take a laxative to help get rid of the barium. Your stool will be light or white in color for several days from the barium. This is normal.

The radiologist (doctor of radiology) will discuss the results of your exam with your own doctor, who will then talk to you. Thank you for choosing UNC Health Care.