

How to Prepare for a Defecography

What is this test for?

This test is used to evaluate the pelvic organs (small intestine, bladder, vagina, and rectum) before, during, and after defecation (passing stool).

What should I do before the test?

- You must obtain a Fleet rectal enema (used to evacuate stool) from the pharmacy. This product is available over the counter without a prescription.
- **4 hours before the test:** You must not eat, drink, or smoke (no liquids, food, candy, gum, or cigarettes).
- **30 minutes before leaving home:** You must perform an enema to clean the rectum by following the instructions on the Fleet rectal enema packaging.
 - It is best to perform the enema at home, as hospital facilities are not suitable for this task.
- Please arrive at the hospital **2 hours before your scheduled test time**.

What do I need to bring for the test?

- Your valid health insurance card (otherwise, you will have to pay for this test).
- Your valid hospital card (otherwise, you will need to go to the registration desk to obtain one before your appointment).
- A bag for your personal belongings. Do not bring valuables or jewelry. The hospital is not responsible for lost or stolen items.

How is the test performed?

- You will need to change into a hospital gown and answer a questionnaire about your medical history.
- You will be asked to drink a liquid (a mixture of barium and iodine-based contrast agent).
- 2 hours after drinking the liquid, an abdominal X-ray will be taken to check how far it has passed through the intestine. If it has passed far enough, the technologist will:
 - Insert a catheter into the urethra to inject an iodine-based contrast agent into the bladder.
 - Inject two products into the rectum.
 - Inject a gel into the vagina.

These steps allow your organs to be visualized on X-rays.

- The technologist will then take X-rays before, during, and after defecation (passing stool).
- You are welcome to ask questions during the test.



What should I do after the test?

- You may eat and drink without restriction.
- Drink plenty of water for 48 to 72 hours after the test to help eliminate the barium.
- If you experience constipation, you may take a laxative.
- You may have white or gray stools in the days following the test; this is normal.
- Vaginal discharge may occur within 24 hours after the test. This is normal and is due to your body expelling the gel. You may wear a sanitary pad if needed.

Important!

- When booking your appointment, inform the staff if you are allergic to iodine-based contrast agents and remind the technologist on the day of the test. If you are allergic, premedication may be prescribed. You can obtain it at the pharmacy, where instructions will be provided on how to take it.
- When booking your appointment, you should also inform the staff if you have had digestive system surgery in the past 8 weeks. Your file will then be reviewed before approving the test.
- You cannot undergo this test if:
 - You have Crohn's disease, ulcerative colitis, diverticulitis, or any other inflammatory bowel disease.
 - You are pregnant or think you might be.
 - You are taking antibiotics for a urinary tract infection.

How do I book, cancel, or reschedule my appointment?

Call 819-346-1110, extension 21049, and leave a message with:

- Your full name.
- Your file number (found on your hospital card).
- The scheduled date of your test, if you are calling to cancel or reschedule

Where do I go for the test?

This test is performed at CHUS – Hôtel-Dieu de Sherbrooke: 580 Bowen Street South, Sherbrooke, QC
Enter through door 25 (corner of Woodward and Murray streets), go to the 2nd floor, then proceed to radiology reception (room 2408).

For more information



Call **811**, , **option 1**, or speak with your **pharmacist**.



If you do not have a family doctor or nurse practitioner: Call **811, option 3**.

If you have a family doctor or nurse practitioner: **Contact their office**.