

MRI Defecography

Pre-Exam Information and Instructions

Before arriving for your exam

- If you have the identification card of any implanted devices you may have, please bring it.
- Let your doctor or nurse know if you are claustrophobic or have pain when lying flat for more than 30 minutes. Claustrophobia or inability to be still for more than 30 minutes will interfere with the exam.
- Children accompanying patients during visits:
 - Unfortunately, we cannot routinely supervise your children during your imaging study. We believe that you are best served when we can provide 100% of our attention to you. Therefore, we encourage you to make childcare arrangements or to bring a responsible adult with you to supervise your children.
- Please leave your jewelry and valuables at home and wear comfortable clothing.
- Although we do not anticipate any delay in your scheduled appointment, we recommend that you bring a book, magazine or music player to help pass any time you may need to wait.
- We follow strict COVID-19 precautions. You will be asked to wear a mask during your appointment, including while getting your scan (we will provide you with a mask to use during the MRI). Your MRI room will be cleaned before you enter by MRI staff.

After arrival

- You will be asked to complete a questionnaire which will determine if an MRI is safe for you. People with various implants (usually metallic) or with metal in their bodies (including some tattoos) may have difficulty with an MRI, which utilizes a strong magnetic field.
- Upon arrival, the technologist will explain your procedure and answer any questions you may have.
- We will provide you with a hospital gown or hospital scrubs to change into before your MRI.

During your exam

- There are multiple parts to this exam, instructions will be provided by the technologist before and during each part.
- During your scan you will be required to lie flat on your back, without moving.
- Coil pads (special devices to improve image quality) may be placed on or around the area of interest.
- The scanning table will slide your body into the MRI machine.
- During the scan, earplugs will be provided to help mask the noise (you will hear loud intermittent humming, thumping, clicking and knocking sounds).
- Some initial images will be obtained to plan the MRI.

2nd set of imaging

- After the initial images, we will need you to assist us in placing some gel material into your rectum. * Females will also need to insert gel material into the vagina.
- Once this is done, we will acquire some additional images including some where you will bear down and push like you are having a bowel movement.

Last set of imaging

- The final set of images are obtained when you try fully expel the gel in your rectum by defecating while on the MRI table. This allows the radiologist to see why you may be having problems with constipation or incontinence. We will do our best to make this process as easy and comfortable for you as possible. We will provide you with towels afterward to clean yourself.

Exam duration

- Your scan will take approximately 45-60 minutes.

After your procedure

- There are no restrictions placed upon you. You may eat or drive as normal, although if you took relaxation medication, you will need someone to drive you home.
- Your exam will be interpreted by a Radiologist (a doctor who is an expert in understanding these exams).
- A report will be sent to your provider, who can review the results with you.

Learn more about your upcoming MRI:

- [CLICK HERE](#) for information on Magnetic Resonance Imaging (MRI) – Defecography at RadiologyInfo.org

RadiologyInfo.org is the public information resource developed by health care professionals in collaboration with patients. It was established to inform and educate the public about how various x-ray, CT, MRI, ultrasound, radiation therapy and other procedures/exams are performed and what you may experience during your procedure. RadiologyInfo.org is sponsored by the Radiological Society of North America (RSNA) and the American College of Radiology (ACR).

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We are looking forward to providing you with exceptional care.