

MRI: Defecography Scan

How to prepare and what to expect

This handout explains how to prepare and what to expect when having an MRI defecography scan.

What is an MRI scan?

Magnetic resonance imaging (MRI) is a way to take pictures of your internal organs and tissues. It uses radio waves and a strong magnet to provide clear and detailed images. This scan will help your healthcare provider decide which treatment is best for you.

What is defecography?

A *defecography* scan helps us see how well your pelvic muscles are working. These muscles control bowel movements and other functions. This scan can help us learn the cause of your symptoms.

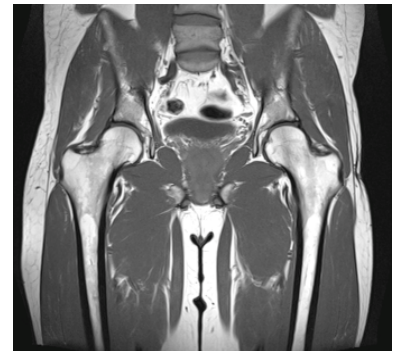
Most MRI scans take at least 4 sets of pictures. Each set will show a cross-section (*slice*) of your pelvis. It takes 2 to 6 minutes to take each set.

For Your Safety

Health Review

We need to know about certain **health conditions** before giving you an MRI scan. Please tell us if you:

- Have any problems with your liver or kidneys, or need a liver or kidney transplant
- Are on dialysis
- Have had any surgeries
- Have allergies to any drugs or *contrast* (X-ray dye)



This image was taken during an MRI defecography scan.

Screening for Metal

If you have any metal on or in your body, an MRI can harm you. The strong MRI magnet will pull on any *ferromagnetic* object, such as iron and some other metals.

This is why we need to know if you have any metal in or on your body before we give you an MRI scan. Even small amounts of metal that will not harm your body can ruin the MRI image.

Please tell MRI staff if you have:

- Aneurysm clips, a heart pacemaker (or artificial heart valve), an implanted port, an infusion catheter (such as Port-o-cath, Lifeport, or Infusaport), an intrauterine device (IUD), any metal plates, clips, pins, screws, or surgical staples, a prosthetic hip, or any implanted metal object in your body
 - Most times, surgical staples, clips, plates, pins, and screws are not a risk during MRI if they have been in place for more than 4 to 6 weeks. If needed, we may do an X-ray to check for metal.
- Tattoos or permanent eyeliner
- Medicine patches
- A bullet or shrapnel in your body
- Ever worked with metal

How do I prepare?

- Please talk with your referring provider if you have any concerns about managing pain or anxiety during your MRI scan.
- *Women:* Tell your provider if you are pregnant or breastfeeding, or if there is any chance you could be pregnant.
- If you take iron medicines or supplements, you must stop taking them 48 hours before your scan. Please talk with the provider who prescribed them if you have concerns.
- If your scan is in the **morning**:
 - The evening before your scan, have a light dinner, such as eggs or a sandwich.
 - Do **not** eat breakfast on the morning of your scan.
- If your scan is in the **afternoon**:
 - On the morning of your scan, have a light breakfast, such as an egg and toast, or cereal.
 - Do **not** eat lunch.

On the Day of Your Scan

- **Remove anything that might contain metal.** This includes:
 - Makeup and nail polish
 - Hairpins
 - Jewelry
 - Glasses, hearing aids, and any removable dental work
- Take your regular medicines.
- **Starting 4 hours before your scan time:** Do **not** eat any solid food. It is OK to drink liquids that do not contain caffeine, milk, or chocolate up to 1 hour before your scan.
- **Starting 1 hour before your scan time:** Do not eat or drink anything.

At the Hospital

- You must change into a hospital gown before your scan. We will give you a gown when you arrive in the MRI department.
- Your doctor will talk with you about the scan and answer your questions.
- If you have an insulin pump or a patch that delivers any type of drug, we will ask you to remove it before your scan.
- You will need to hold urine in your bladder for 30 minutes before your scan.
- *Women:* Before the scan begins, tell the technologist if there is any chance you could be pregnant.

What happens during the scan?

You will lie on your right side on a sliding table. The technologist will help get you into position.

Females

- The doctor or technologist will insert a *catheter* (thin, plastic tube) into your rectum and inflate a small balloon at the end of the catheter. The balloon will hold the catheter in place.
- Your doctor will then inject gel through the catheter into your rectum. The gel will put pressure on your body parts in that area, and that will make different tissues show up better on the MRI.
- The doctor will then remove the catheter from your rectum.

- The doctor will insert a 2nd catheter into your vagina, and then inflate a small balloon at the end of it.
- A small amount of gel will be injected through this 2nd catheter into your vagina. The doctor will then remove this catheter from your vagina.
- You may feel some pain or discomfort when the catheters are inserted into your vagina and rectum. Tell your doctor if you are having discomfort.

Males

- The doctor or technologist will insert a *catheter* (thin, plastic tube) into your rectum and inflate a small balloon at the end of the catheter. The balloon will hold the catheter in place.
- Your doctor will then inject gel through the catheter into your rectum. The gel will put pressure on your body parts in that area. This makes the tissues show up better on the MRI.
- The doctor will then remove the catheter from your rectum.
- You may feel some pain or discomfort during the insertion in your rectum. Tell your doctor if you are having discomfort.

After the Injection

- You will need to wear a diaper during the scan to catch any gel that leaks out. The technologist will help you put it on.
- The technologist will slide the table inside the MRI unit and then leave the room to take the MRI pictures.
- You will be able to talk with the technologist at any time through an intercom. The technologist will also give you instructions through the intercom.
- Based on how many pictures are needed, the scan usually takes 30 to 45 minutes. A very detailed study may take longer.
- You will need to hold very still while we take the pictures.

What will I feel during the MRI?

- MRI does not cause pain.
- Some patients may feel confined or uneasy (*claustrophobic*) when they are inside the MRI unit. Please tell the doctor who referred you for the MRI if you are claustrophobic. Your doctor may give you medicine to help you relax during your scan.

- You may feel warmth in the area where the pictures are taken. This is normal. If it bothers you, please tell the technologist.
- You will hear loud tapping or knocking noises during the scan. We will provide earplugs or music to listen to through headphones to block some of these sounds.

Who interprets the results and how do I get them?

A radiologist skilled in MRI will review and interpret your MRI images. The radiologist will not talk with you about the results, but will send a report to your primary care or referring provider. This provider will give you the results.

You and your provider will then decide the next step, such as treatment for a problem, as needed.

You may also read your results on your MyChart page. If you need copies of your images on disc, call 206.598.6206.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

- UWMC Imaging Services:
206.598.6200
- Harborview Imaging
Services: 206.744.3105