

## MRI Defecography

An MRI Defecography is an examination in which the functioning of the rectum (final part of the colon) is investigated with the aid of contrast gel.

### Preparation

In order to prepare for the MRI Defecography, the rectum must be as empty as possible. For this, you pick up the enema (Microlax) from the reception of the Radiology Department during office hours. The evening before the MRI, you insert the enema via the anus, 2 hours prior to going to bed.

How to insert the enema:

- Remove the cap and squeeze a drop out of the tube. This will enable you to insert the nozzle more easily.
- Lying down, carefully insert the nozzle of the enema into the anus.
- Squeeze the tube so that it is as empty as possible and remove it from the anus. Continue squeezing the tube when removing it. This helps prevent the liquid from flowing back into the tube.
- A small amount of liquid will always remain in the packaging. This is normal; the quantity that you have inserted is sufficient for the enema to take effect.
- If possible, remain lying down for 5 to 10 minutes after the enema insertion to prevent liquid from coming out again.

You will usually need to defecate within 5 to 20 minutes. The anus may be slightly irritated as a result of the

enema. This will disappear within a few hours. If you struggle with chapped skin in the anus, you may be affected more by this. Discuss this with your doctor first.

Do not use the enema if you suddenly experience severe stomach pain. You can also safely use it in combination with other medication. On the morning of the examination, you may have a light breakfast. Therefore, you do not need to be in a fasting state.

### The examination

You will be given nappy pants prior to the MRI. While you are lying on the examining table, the radiologist will insert a thin tube via the anus. The contrast agent will be inserted via this tube. This is not painful but may feel uncomfortable. You will feel like the rectum is full and that you need to go to the toilet.

During the MRI, you will be asked to do the following alternately:

- Relax - stop the contrast gel
- Relax - push but without defecating
- Relax - push out the contrast gel (defecate)

After the examination, you can go to the toilet to freshen up.

Have you also filled in the 'Patient's declaration prior to MRI examination'? See the reverse of the declaration for general information about an MRI.

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**Notes on this leaflet**

If any information in this leaflet is unclear or incomplete, please notify us. You can share your remarks with us via [voorlichting@zha.nl](mailto:voorlichting@zha.nl).