

# Pouchogram

Radiology Department



Patient information leaflet

You have been referred by your doctor for a pouchogram. This is a test to image the loop of bowel that has been used as a substitute for your rectum (back passage).

This leaflet provides you with information about having a Pouchogram. It explains what is involved and who you will meet.

## What preparation is required?

---

No preparation is required before a Pouchogram; you can eat and drink as normal. If you have a stoma (opening onto the surface of the abdomen) please bring a spare stoma bag just in case one is needed after the examination.

## Women of childbearing age

---

This examination is not advisable for pregnant women, unless there are exceptional circumstances. Please advise the x-ray department in advance if you think you are or might be pregnant.

**Please note** that our x-ray table has a patient weight limit of 23 stones or 146kg. If you know that you weigh more than this it is important that you telephone the department on **01483 464150**.

## Can I bring a relative or friend?

---

Yes but for safety reasons, you will need to come into the x-ray room on your own.

## The Radiology Department

---

Radiology is also known as the X-Ray or Imaging Department.

### Who will I meet?

- **Receptionist/Clerical Staff:** can help you make or change your imaging appointments and ensure your details are correct when you arrive for your appointment.
- **Radiographers:** a health care professional who will assist the radiologist.

- **Radiologist:** a specialist doctor trained to take images during the examination. They will also interpret the images and report them for your consultant.

## What happens when I arrive?

---

Please register at the reception desk, where you will be directed to the waiting area. You will need to undress for the procedure and so you will be shown to a private cubicle where you will be provided with a gown to change into.

## What will happen during the examination?

---

Your verbal consent will be gained prior to commencing the examination.

You will be asked to lie on the x-ray table on your left hand side whilst the doctor passes a small, soft plastic tube into your back passage. This tube is then used to introduce a water soluble x-ray dye into your bowel. During the procedure you need to do your best to keep as much fluid in your bowel as possible. Don't worry if some of the dye leaks out; just tell us if it happens. Once there is enough fluid in your bowel we will start taking x-rays; this may involve you lying in various positions to get the best image possible.

At the end of the examination we will drain out as much of the fluid as we can. Some of it will stay within your bowel, however once the examination is finished the radiographer will show you to a private toilet outside the x-ray room. It is possible for the dye to leak out of the back passage and also to collect in the stoma bag but you will be able to expel most of the remaining dye before you leave the department. Once all the liquid has been evacuated there should be no after effects following this procedure.

## **Are there any risks or side effects to the examination?**

A water soluble pouchogram is a safe examination, however as with any examination there are small risks but these are extremely rare. When the soft tube is inserted it may cause the rectum (back passage) to tear slightly. A small injury of this nature will often resolve itself. There is also a very rare risk that your bowel could perforate (a small tear could be made in the wall of the bowel). The doctor will take great care to avoid this happening and the risks are very much outweighed by the benefit of the examination.

An allergic reaction to the x-ray dye is extremely rare.

As with all x-ray examinations, we endeavour to keep the exposure to radiation to the absolute minimum.

## **Will the examination be painful?**

You may experience a little discomfort during intubation (tube insertion into the back passage) and when we fill your bowel with the contrast (X-ray dye). This is due to the stretching of the tissue after weeks of non use. The doctor will take great care to minimise any discomfort for you.

## **Is there an alternative examination?**

No there is no alternative examination available.

## **Aftercare advice**

After the examination you can eat and drink normally. Some residual dye may pass into the stoma bag following the procedure. It is of a watery consistency but is sticky to the touch.

## **When will I get the results?**

The x-rays we take will be read after your visit and the results sent to your referring doctor, which is normally within 14 days. If you already have a clinic appointment you will receive the results then, otherwise you will receive a letter with a date for a clinic appointment.

## Privacy and dignity

---

Sometimes tests, although necessary, can be embarrassing or undignified for patients but we promise to do everything we can to make you as comfortable as possible during your visit to the department. We hope that the information in this leaflet will answer any questions you may have but please feel free to contact us if you have any particular worries, questions or concerns.

## Patient survey

---

We value your opinion on our service and in order to deliver, maintain and improve this service we ask you to complete a short patient questionnaire found with the appointment letter. Completion of this survey is entirely voluntary.

## Reference source

---

- Chapman and Nakielnys guide to radiological procedures

## Contact

---

If you have any questions or would like to know more about this examination, please contact the Radiology Department on:

**01483 571122 ext: 2050 or 01483 464150**

Monday–Friday, 9am–5pm

**If you are unable to keep your appointment, please contact us as soon as possible.**

## Useful websites

---

- The royal college of radiologists – [www.rcr.ac.uk/](http://www.rcr.ac.uk/)
- NICE guidelines – [www.nice.org.uk](http://www.nice.org.uk)

## Information on radiation

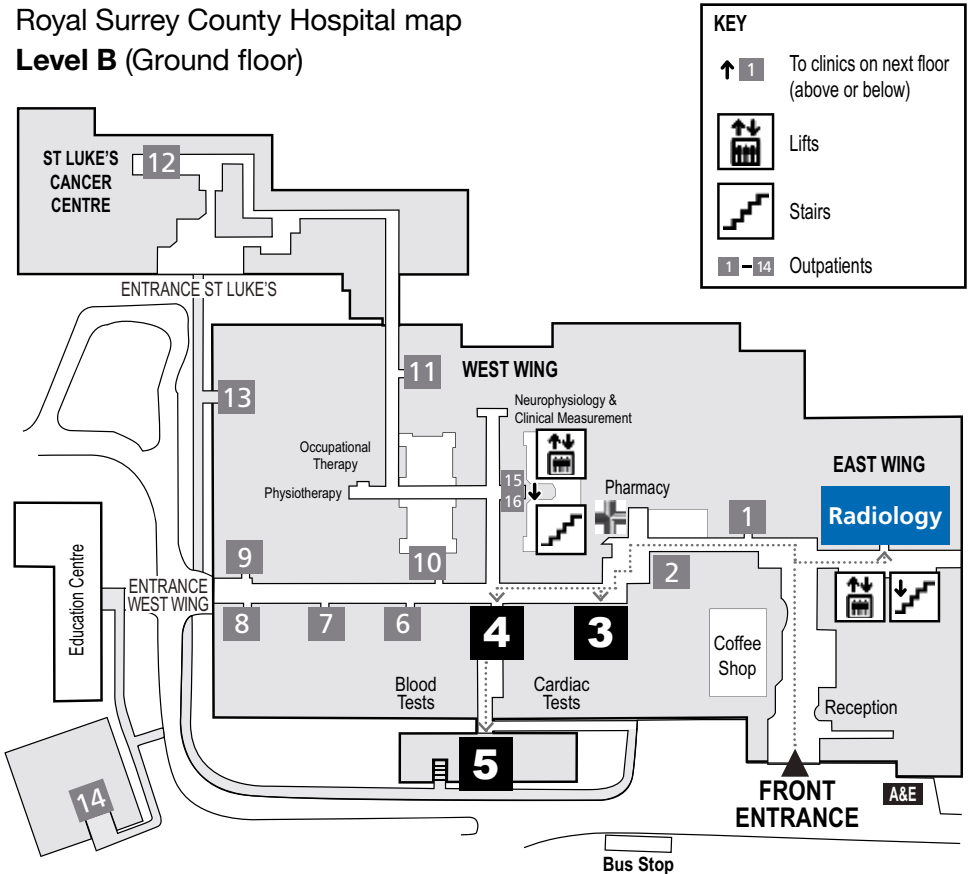
- [www.gov.uk/government/publications/ionising-radiation-dose-comparisons/ionising-radiation-dose-comparisons](http://www.gov.uk/government/publications/ionising-radiation-dose-comparisons/ionising-radiation-dose-comparisons)



# How to find the Radiology Department

Royal Surrey County Hospital map

**Level B (Ground floor)**



Data sharing reference information is available on Royal Surrey County Hospital patient information leaflet entitled:

Your Healthcare records – your information, PIN120703–562

**Royal Surrey County Hospital NHS Foundation Trust**

Egerton Road

Guildford

Surrey

GU2 7XX

[www.royalsurrey.nhs.uk](http://www.royalsurrey.nhs.uk)

## **Radiology Department contact details**

---

If you have any questions or would like to know more about this examination, please contact the Radiology Department on:

**Telephone:** 01483 571122 **ext** 2050 or 01483 464150

Monday–Friday, 9am–5pm

**If you are unable to keep your appointment, please contact us as soon as possible.**

---

## **PALS and Advocacy contact details**

---

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

**Telephone:** 01483 402757

**Email:** rsc-tr.pals@nhs.net

**Opening hours:** 9.00am–3.00pm, Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

Past review date: March 2017

Future review date: March 2020

Author: Libby Maine

**PIN170309–1251**

