

Information for Patients and Carers

Water Soluble Enema (Pouchogram)



What is a pouchogram?

A pouchogram is also sometimes known as a water-soluble contrast enema. This examination is often carried out to investigate the distal part of your bowel, where you have previously had surgery. The examination aims to check that your bowel has healed before your clinician considers further surgery to reverse your ileostomy. As part of this examination a contrast agent (an x-ray dye) and x-rays are used. The contrast agent will highlight your bowel on the x-rays.

This examination is performed by an advanced practitioner radiographer or a consultant radiologist. They will carry out your examination and produce a report for the clinician who referred you for this examination.

An assistant will also be in the examination room during your pouchogram.



Please inform us before you attend:

- If you are or think you may be pregnant
- If you are breast/chest feeding
- If you weigh over 28 stone/178kg
- If you require the use of a hoist
- If you require an interpreter – please inform us as soon as you receive your appointment letter and we will arrange an official interpreter for you

Are there any special preparations required before the examination?

There is no specific preparation for this examination. However, we ask that you bring to your appointment a spare stoma bag, and all the equipment you usually use to change your bag.

Can I bring a relative or friend with me?

Anyone can accompany you to the hospital, but they will usually not be allowed into the room when you have your examination.

Please note that we do not have childcare facilities; if you need to bring your children with you, please bring along an adult who can supervise them while your examination is being done.

What happens when I arrive at the x-ray department?

When you arrive at the X-ray department, please book in at the reception desk where you will be asked to have a seat in the waiting area.

Before starting the examination, the radiographer will ask you to put on a hospital gown in the changing area. When you are ready, they will take you through to the examination room. Once in the room the radiographer will check some details with you and complete a checklist to ensure it is safe for you to have the contrast agent.

The radiographer will explain the examination and answer any questions you may have.

What happens during the examination?

You will be asked to lie on your left-hand side on a bed in the examination room.

Once you are comfortable the radiographer will use some lubricating gel to insert a small soft catheter (tube) into your rectum (back passage). This will then be secured with some tape to keep it in the correct place during the examination. The radiographer will slowly start to inject

contrast agent through the catheter; whilst doing this the radiographer will also be taking x-rays to demonstrate the movement of the contrast agent through your bowel. To encourage the contrast agent to flow to the necessary part of your bowel you will be asked to turn into different positions, such as on to your back then onto your right side. When the radiographer is confident that they have the necessary x-rays, they will remove the catheter.

What happens after the examination?

Once the catheter has been removed the radiographer will show you back through to the changing area where you will be able to get dressed again. You may then leave the x-ray department.

Are there any side effects?

You may notice a very small amount of bloody (red) discharge from your back passage for a few days following this examination, this is normal. This is due to the catheter being inserted into the part of your bowel you are not currently using (as you will be using your stoma bag). At the time of your examination you will be advised of this and the procedure to follow after the examination should this happen.

Are there any risks?

A very small number of patients have an allergic reaction to the contrast agent. Before your examination begins the radiographer will ask you a series of questions about your medical history, including any allergies you may have. This will help us assess if you are at risk of an allergic reaction.

There are some small risks involved with x-rays but only the minimum amount of radiation is used to produce the images required.

We use the smallest dose possible, in line with national regulations, to provide as much information as we can about your condition. This allows the clinician to make an accurate diagnosis to help plan your treatment, therefore the benefits of having the examination far outweigh the radiation dose you will receive.

When will I receive the examination results?

The x-rays will be reported on after your examination. The results will be sent to the clinician who referred you for this examination which they will discuss with you at your next appointment with them. If you do not yet have a follow-up appointment, your clinician will be in contact with you once they have received your examination results.

Unfortunately, you will not receive any results on the day of your examination.

Contact details

Should you require further advice or information please contact us on the below telephone numbers:

- If your appointment is at Royal Preston Hospital, please call **01772 522096**.
- If your appointment is at Chorley and South Ribble Hospital, please call **01257 245196**.

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.accessable.co.uk

www.patient.co.uk

www.lancsteachinghospitals.nhs.uk/veteran-aware

<https://bepartofresearch.nihr.ac.uk/>

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www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

Lancashire Teaching Hospitals is a smoke-free site. Smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping smoking this will include Nicotine Replacement Therapy to help manage your symptoms of withdrawal and the opportunity to speak to a nurse or advisor from the specialist Tobacco and Alcohol Care Team.

If you want to stop smoking, you can also contact Smokefree Lancashire on Freephone **08081962638**.

Please ask a member of staff if you would like help in understanding this information.

This information can be made available in large print, audio, Braille and in other languages.

Our patient information group review our leaflets regularly, if you feel you would like to feedback on this information or join our reading group please contact on email address:

patientexperienceandinvolem@LTHTR.nhs.uk

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