



NMR

Defecography or colpocystodefecography Radiology

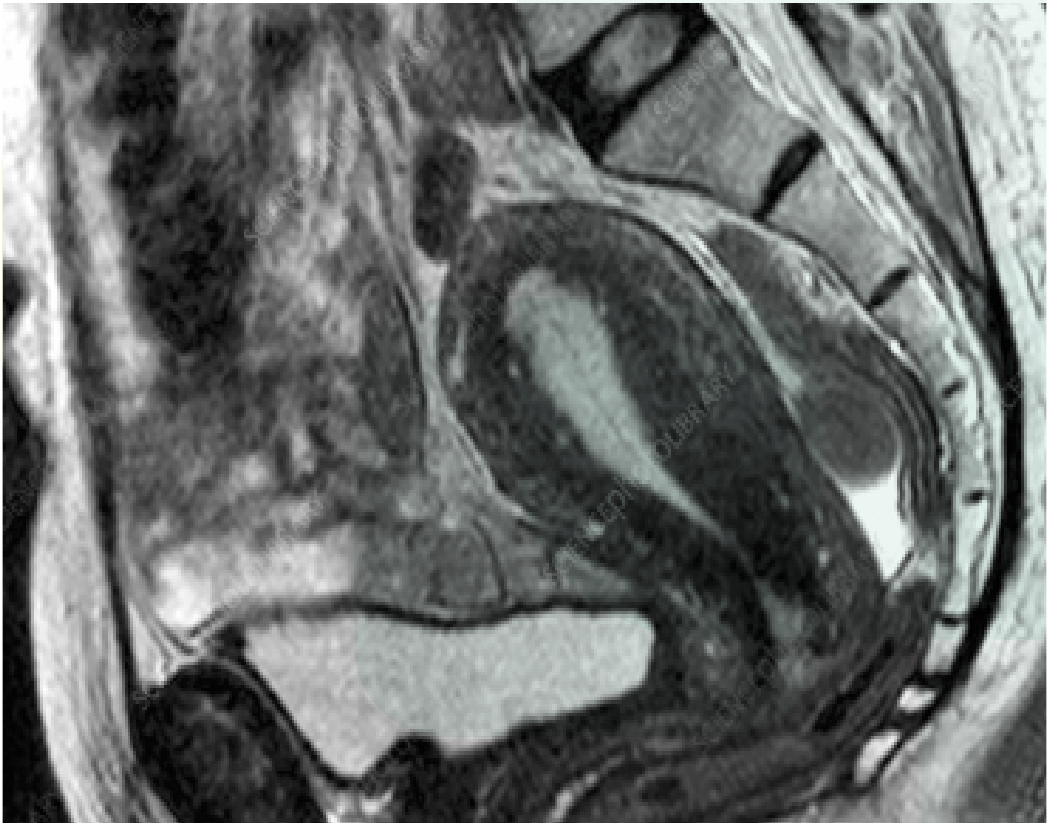


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In order to make our brochure easier to read, we always use the third person singular male "he", regardless of the gender of the subject of the sentence.

What is an NMR colpocystodefecography?

NMR stands for Nuclear Magnetic Resonance. It is a medical imaging technique in which signals are generated in the body using a magnetic field and short radio waves. These signals are captured by an antenna and processed by a computer to create images of the examined body part. The examination is not dangerous and not painful. No X-rays are used.

A colpocystodefecography via NMR is performed to assess the function of your pelvic floor, observing how urination and bowel movements occur.

This informational brochure is intended to support the verbal information you have already received from your treating physician. It provides a description of how the examination typically proceeds and gives you an idea of what to expect from the procedure.



Preparations

Due to the generation of a strong magnetic field, there are certain limitations and contraindications associated with this examination. We identify these by having you complete a questionnaire (screening form). Please fill out this form carefully and as comprehensively as possible.

An NMR examination is only conducted by appointment and upon the prescription of a physician.

You should report to the radiology department's reception 20 minutes before the scheduled start of the examination.

Patients with claustrophobia (fear of confined spaces) may experience discomfort in the MRI machine. If needed, your referring physician can prescribe calming medication.

Family members or other companions can wait for you in the waiting area. Only professional caregivers and caregivers of small children are allowed, taking necessary precautions.

If you are coming for an MRI examination and have small children, you must arrange childcare for them yourself.

Please inform us if you cannot attend your appointment. Timely cancellation allows us to assist other people more promptly.

If you cannot be present at the scheduled time, please cancel your appointment at least 24 hours in advance. Otherwise, a fee of €25 will be charged.

You are allowed to eat and drink normally on the day of the examination.

Take any prescribed medication as usual.

Empty your bladder approximately 30 minutes before the examination.

Pregnancy and Breastfeeding
Refer to the general MRI brochure.

How does it work?

Safety first. Due to the strength of the magnetic field, you are not allowed to approach the device with metal objects (hairpins, dentures, wig, watch, jewelry, belt, keys, bank card, coins, etc.). You will be assigned a changing room where you can leave items that may be attracted by the magnet. **If you are wearing jewelry or piercings that you cannot remove, please inform the nurse before the examination.**

You will be asked to undress (except for socks) and put on an examination gown. Any foreign material on or within your body (such as a pacemaker, tattoo, etc.) should already be mentioned on the screening form (refer to the preparation).

The examination will typically last 20 to 30 minutes.

The nurse will accompany you to the MRI room and assist you onto the examination table. A fine tube will be used on the MRI table to introduce a gel into the vagina and then into the rectum. This will create a sensation of fullness in the rectum, simulating the urge to use the toilet. This sensation is completely normal.

Afterward, you will be provided with a diaper, and you will be asked to lie on your back for the entire examination. The table will be slid into a circular tunnel that is open on both sides. You will not be enclosed, and there is proper ventilation.

You will be provided with a call bell to contact the nurse if needed during the examination. While lying on the table, the nurse can always see you and communicate with you through a microphone in the device.

When inside the MRI machine, you will hear a loud, rhythmic knocking sound when the images are being taken. To minimize noise disturbance, you will be given headphones or earplugs.

It is crucial that you remain still throughout the entire duration of the examination. If you move, the imaging may be compromised, and the procedure may need to be repeated.

To ensure the smooth progress of this examination, your cooperation is essential. Therefore, please follow the advice of the doctor and the healthcare team carefully.

Part 1

During the first part of the examination, images of the pelvis will be captured.

Part 2

In the second part of the examination, images of the pelvis will be taken while you exert pressure on the abdomen by contracting the abdominal muscles as much as possible.

Part 3

For the third part of the examination, the objective is to push, expelling as much of the ultrasound gel as possible, in order to observe the impact of the pushing motion on the muscles and organs.

Part 4

Finally, we request that you attempt to urinate.

After the examination

Following the image capture, you are free to use the restroom immediately. It is advisable to do so before beginning your journey back. Take some time to allow your bowels to settle.

Additionally, you will be provided with a washcloth and towel for refreshing yourself in the restroom.

Subsequently, you are generally allowed to leave the hospital and resume your normal activities.



Results

The images and the radiologist's report will be electronically made available to your referring physician. Only your doctor can discuss the results of the examination with you.

Conclusion

This informational brochure is intended to support the verbal information you have already received from your treating physician.

If you have any further questions or comments, feel free to contact the Radiology Department's secretariat at AZ Jan Portaels.

We appreciate your cooperation during the examination.

Useful contact details

Radiology

| T 02 257 51 00

| E radiologie@azjanportaels.be

Website

| www.azjanportaels.be

All patient brochures are available online through the website under patient information.



Algemeen Ziekenhuis Jan Portaels

Gendarmeriestraat 65 | B-1800 Vilvoorde | T 02 254 64 00 | F 02 257 50 50
info@azjanportaels.be | www.azjanportaels.be



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Algemeen Ziekenhuis Vilvoorde