

## Defecography Testing

### *How to prepare*

*This handout explains a defecography test. It includes instructions on how to prepare and details about what to expect.*

### **What is a defecography test?**

A *defecography* test is an X-ray test done to study your bowels and how you empty your rectum. This test helps your doctor identify and treat problems with *defecation* (having bowel movements).

### **Why do I need a defecography test?**

If you are having problems with stooling (bowel movements), your doctor may ask you to have this test done so we can help treat you.

Stooling problems may include:

- *Incontinence* (accidental loss of stool)
- *Stool trapping* (not being able to empty all the stool from your rectum)
- Pain
- *Prolapse* (bulge of tissue from your vagina)

### **How do I prepare for this test?**

To make sure you are ready for this test:

- Eat lightly the day before and the morning of your test.
- Use a Fleet enema the night before your test. You can buy this at a drugstore. You do not need a prescription.
- You **must** arrive at the Urology Clinic 1 hour before your scheduled test time to drink the fluid used in the test. If you arrive late, we may need to reschedule your test for another day.



*Talk with your doctor if you have any questions or concerns about your defecography test.*

## What should I expect?

- Please arrive at the Urology Clinic **1 hour before** your appointment time.
- When you get here, we will give you some liquid *barium* to drink. This fluid will help your doctor clearly see your bowels on the X-ray images.
- About 1 hour after you drink the barium, the nurse will insert a *catheter* (small tube) into your bladder and fill it with some X-ray fluid, called *contrast*.
- Your doctor will then place a small tube into your rectum. Most people handle this step easily.
- Your doctor will first insert a small amount of barium liquid through the tube, and then insert some barium paste. This paste will act like stool in your rectum.
- A small amount of liquid barium may also be placed into your vagina.
- You will then be asked to sit on a toilet in front of an X-ray machine.
- Your doctor will take several X-ray images of your pelvis while you are asked to strain, squeeze, cough, and stool.

After the test, your doctor will meet with you to talk about the results. The test and your visit with the doctor will take about 1½ to 2 hours.

## Does insurance pay for this test?

Check with your insurance company to see if you are covered for this test. Your insurance company may ask for the code that describes this test. The code (also called a CPT) is:

- 74270 XR Colon BE Sgl Contrast

## What if I have more questions?

Your questions are important to us. Weekdays from 8 a.m. to 5 p.m., call the Urology and Urogynecology Clinic at 206-598-5960.

### Questions?

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

Urology and Urogynecology  
Clinic: 206-598-5960