

Video Proctogram

What Is A Video Proctogram?

A video proctogram is a specialised X-ray test used to assess how well your bowel empties. It is commonly recommended for patients having trouble passing stools, incomplete evacuation, or symptoms of obstructed defecation.

This test helps identify structural abnormalities such as:

- **Rectoceles** – a bulge in the rectum that pushes into the vaginal wall
- **Enteroceles / sigmoidoceles** – when the small intestine or sigmoid colon descends into the pelvic area
- **Internal rectal prolapse (intussusception)** – where the rectum folds in on itself, causing an obstruction

By visualising how your rectum and pelvic floor function during bowel movements, a video proctogram provides valuable insight into the cause of your symptoms, helping guide the most effective treatment plan.

Do You Need Any Preparation Beforehand?

- You will receive written instructions before your appointment
- No special preparation or bowel cleansing is usually required
- You may be advised to adjust your diet or fluid intake prior to the test

What Does The Test Involve?

When you arrive at the X-ray department, you will:

- Be given a drinkable solution to fill the upper part of your bowel
- Have a small tube inserted into your rectum, through which a soft barium paste is introduced

- Be asked to sit on a specially designed toilet behind a privacy screen
- Follow instructions to strain and empty your bowel naturally while X-ray images are recorded

This dynamic imaging test simulates the natural process of defecation, allowing the consultant to observe how your bowel and pelvic floor muscles function in real-time.

What Happens After The Test?

- The procedure takes only a few minutes
- You can resume normal activities immediately
- You do not need any recovery time
- The radiologist will analyse your results and send a detailed report to your consultant

Why Choose The Midlands Bowel Clinic?

- **Expert consultants** with extensive experience in pelvic floor disorders and bowel dysfunction
- **Advanced diagnostic techniques** to ensure accurate results
- **Personalised treatment plans** tailored to your specific condition
- **State-of-the-art facilities** in a patient-friendly environment

Contact Us

Please contact us if you are struggling with chronic constipation, difficulty emptying your bowel, or suspected pelvic floor dysfunction, a video proctogram at Midlands Bowel Clinic can help diagnose and treat the underlying cause.