



## Preparing for your MRI Defecography Exam

- ✓ Nothing by mouth for four (4) hours prior to arrival
- ✓ Pick up an over-the-counter enema from your local pharmacy and do this two (2) hours prior to your arrival
- ✓ You will wear an adult diaper during the scan as gel will be placed into your rectum and you will be instructed to defecate while on the scanner
- ✓ Plan to be here for approximately one and a half (1.5) hours
- ✓ If you are anxious and/or claustrophobic, please make arrangements with your doctor for medication, and arrange for a family member or friend to drive you home after the exam