

Micro-enema procedure

PATIENT INFORMATION SHEET 04a



Your appointment:

Date:

Arrival

Appointment

Location:

Please see our website for more branch details.

Preparation

Patients having a prostate MRI examination need to have both an empty bowel and bladder. This helps us generate the highest quality images.

You will be asked to help clear your bowels using a Micolette Micro-enema 30 minutes before the examination and asked to empty your bladder immediately before the scan.

What is a Micolette Micro-enema?

The Micro-enema is a fast acting agent which works to soften bowel motions and assist bowel and rectal emptying without irritating the lining of the bowel.

How to use Micro-enema

Step 1

Our MRI reception team will provide you with the Micro-enema and then direct you to the patient toilet (our MRI reception will direct you).

Step 2

Twist off the cap and squeeze a drop of the solution out of the tube. This will make it easier to insert the tip of the tube.

Step 3

Sit down on the toilet in your usual position and insert the neck of the tube completely into your rectum. The small rounded tip is thinner than a suppository, and can be inserted safely and painlessly when used as directed.

Step 4

Gently squeeze the entire contents of the tube (which is only 5ml) into the rectum.

Step 5

Keeping the tube squeezed tightly, withdraw the tip from the rectum.

Tighten your buttock muscles to prevent the solution from running out.

Important

To allow the stool to soften, it is important not to have a bowel movement immediately, even though you may feel the urge.

It is preferable you wait at least five minutes – this will give the enema enough time to work properly.

If you do not have the urge to use your bowels after 10 minutes, it is important to try regardless as this will still help optimise your scan.

Step 6

Once you have emptied your bowels, and are feeling comfortable, return to our department.

Please dispose of the empty tube in the bin – do not flush it down the toilet.

More information

Please speak with our staff should you have any concerns or require any further information.