

## Getting to The Royal London Hospital

### By Rail

The nearest mainline station is **Liverpool Street**.

### By Underground

The nearest underground station is **Whitechapel**, which is directly opposite the hospital's main entrance (**District**, **Hammersmith & City** and **East London** lines).

### By Bus

Routes **25, 106, 115, 205, 253, 254** and **D3** stop directly outside or close to the hospital.

### Car parking

There are no dedicated car parking facilities for patients or visitors. However, there are a small number of public parking spaces for people with disabilities outside the hospital in Stepney Way. Metered parking bays are in operation in the streets surrounding the hospital.

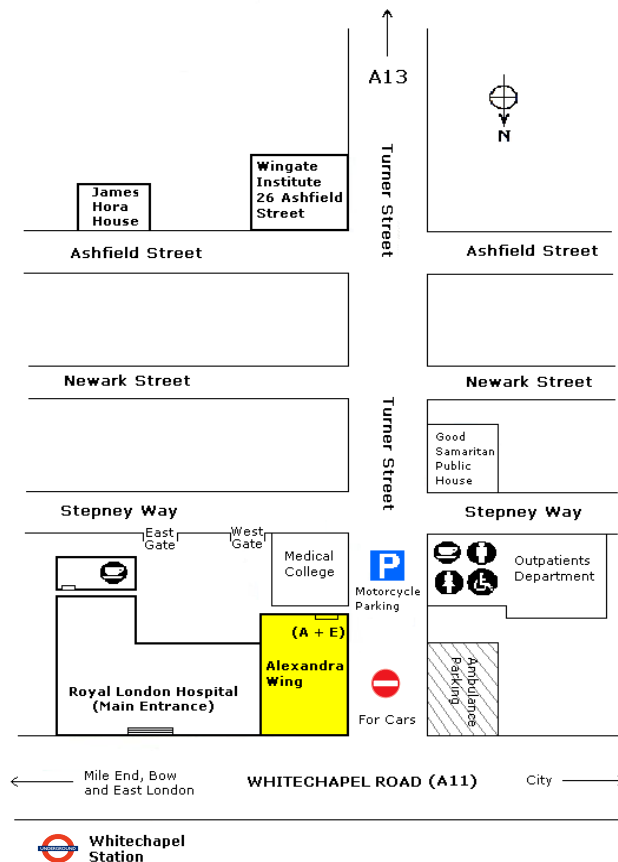
## Finding the GI Physiology Unit

**From the main entrance**, go past the reception and take the first corridor on the right. Walk down the corridor until you come to the wooden staircase. Take the stairs or lift to the 3rd floor and follow the signs to Charrington Ward. Just before you get to Charrington Ward take a right turn. This will lead into the Alexandra Wing. The Unit is situated at the far end of the corridor on the right hand side.

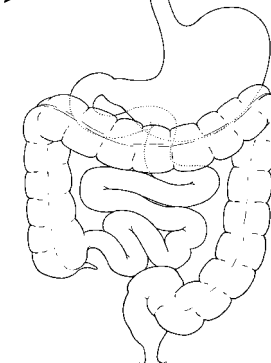
**From the Accident & Emergency entrance**, take the lift to the 3rd floor, go through the double brown doors on the right hand side as you come out of the lift. The Unit is directly in front of you (double blue door).

### On Arrival at the Unit

Please ring on the doorbell and someone will come to meet you.



## GI Physiology Unit



Barts and The London **NHS**  
NHS Trust

## PATIENT INFORMATION GUIDE

## on COLORECTAL PHYSIOLOGY TESTING

GI PHYSIOLOGY UNIT  
3RD FLOOR, ALEXANDRA WING  
THE ROYAL LONDON HOSPITAL  
WHITECHAPEL  
LONDON E1 1BB  
TEL: 020 7377 7184  
FAX: 020 7337 7346

## Cancelling Your Appointment

**If you cannot keep your appointment, please let us know as soon as possible. This will enable us to offer the appointment to another patient. Please remember that patients who fail to attend appointments not only waste hospital time but increase the waiting list for all patients.**

**Please phone 020 7377 7184 to change or cancel your appointment.**

## General Information

Your doctor has arranged for you to have some tests on your lower bowel/back passage. Each of the tests can tell the doctor something different about how your bowel is working, and enable them to decide on the best treatment for your problem.

This leaflet has been written to give you more information about the tests you are going to have and to ease any concerns that you might have.

## Some questions that you may have

### Q: Do I need to do anything before my appointment?

If instructed (see appointment letter), you may be required to stop all laxative medication and the use of suppositories prior to your appointment. Otherwise, you do not need to do anything before your arrival at the Unit. You can eat and drink as normal and continue to take any medication that you would normally take. You do not need to use any bowel preparation (laxative, enemas).

### Q: Do I need to bring anyone with me?

No. There is no reason why the tests should have any adverse effects. However, you are welcome to bring along somebody for support if you so require.

### Q: What will happen when I arrive for my appointment?

You will be asked some questions relating to how your bowel works and the problems you have been having. We will then explain the procedures to you and you will be asked to sign a consent form, giving us permission to do the tests. Although there are no risks involved in performing the tests, some patients may find they have some mild discomfort. You will then be asked to change into a gown before the tests are done.

### Q: What will I need to do for the tests?

In order for us to carry out the tests, apart from the colonic transit test, you will be asked to lie on a couch on your left side and we will explain to you what we are doing at each stage of the tests.

### Q: Are these tests painful at all?

It can be embarrassing and a little uncomfortable to have these tests done on your back passage, but these tests are carried out by professional staff who are committed to ensuring that any discomfort is minimized and that your privacy is maintained at all times.

### Q: Why are these tests needed?

These tests are an important part of the investigation and the future management of your bowel condition. Their results assist your doctor in planning appropriate treatment for you so it is important for you to keep your appointment. If you have any concerns or want further information about these tests please do not hesitate to contact the department on 020 7377 7184.

## About the tests

### Colonic Transit

For this test, you will be asked to swallow the small capsule that we may have sent you. This capsule contains 50 markers which can be seen on an x-ray. On the day of your appointment you will have an x-ray of your abdomen, which will show up any markers left in your bowel.

### Rectal sensation

This test enables us to measure how much volume your rectum can hold. To do this a small tube with a small balloon attached to it is passed into your back passage. We then inflate the balloon with air to determine what you can feel and the capacity of your rectum. During the test we also look for the presence of a nerve reflex in your back passage.

### Anal Pressure Measurements

This test measures the strength of the muscles in your back passage. To do this, we insert another small tube (only 2mm thick) and ask you either to relax or squeeze the muscles of your back passage. This enables us to tell whether the muscles are functioning correctly.

### Pudendal nerve function test

This test studies the function of the nerves in the pelvic floor, which control the muscles in your back passage. This involves inserting a finger-sized probe, with a small electrode on it, through the back passage into the rectum. A very small electric current is then passed over the nerves causing the pelvic floor muscles to twitch. You may feel a pulsing, twitching or prickling sensation in the back passage while we are taking measurements, which can be a little uncomfortable.

### Ultrasound

This test can tell if the muscles around your back passage are intact or damaged. To do this, a finger sized probe is inserted into your back passage and gently moved in and out so that we can take scans (pictures) at different positions in your back passage. This procedure can be little uncomfortable, but is not painful.

### Evacuation Proctography

This test is used to investigate any problems that you may have when you try to open your bowels. Barium paste (a chalk-like substance, which shows up on x-ray) is inserted into your rectum via an examining scope until you have the urge to go to the toilet. You will then be asked to sit on a specially designed toilet in front of an x-ray machine and given instructions to open your bowels so as to pass the barium out of your back passage. While you do this, you will be given privacy behind a screen in a darkened room.