



Endometriosis Ultrasound with Bowel Preparation

Endometriosis is a common gynaecological condition defined as presence of endometrial like tissue outside the uterus which impairs quality of life. In more severe disease, there may be ovarian cysts and deep infiltration of the pelvic organs. Deep endometriosis may involve the bowel, most commonly rectosigmoid colon.

Using transvaginal and transabdominal ultrasound with bowel preparation allows good views of this area to make a more extensive assessment of the pelvis. This may influence surgical decision making to allow time for complex surgery and sometimes the presence of a bowel surgeon to work with your gynaecologist. Bowel preparation empties the lower bowel so that clear images can be obtained. Views of the bowel are often hindered by the presence of gas and faecal material which can obscure both bowel and other pelvic structures.

BOWEL PREPARATION

The bowel preparation is mild. You are required to take a mild laxative the night before the ultrasound and have an enema within an hour before the ultrasound.

You will need a 5mg Ducolax tablet and a "Fleet" ready- to- use enema 133ml.

The Ducolax tablet is included in this information. Alternatively, you can purchase Ducolax SP drops from your pharmacy (dose 10 drops). The "Fleet" is available at your pharmacy or can be obtained from Women's Ultrasound Melbourne. You can self administer, 30 minutes prior to your appointment or if you require assistance with the Enema, our nurse will be available to assist you.

You will need to arrive 30 minutes prior to your appointment time.

Instructions:

1. Take one tablet of **Duolax**, 5mg OR 10 drops **Duolax SP** the night before your ultrasound.
This will normally produce a soft bowel action either that night or the next morning.
2. Have your normal evening meal, eat normally on day of scan.
3. Use a **FLEET ENEMA** 30 minutes prior to your appointment. This will produce a quick result that empties the rectosigmoid colon. The enema will work in approximately 5 minutes. This can be done at home or at our rooms.

The ultrasound will be done both transabdominally and transvaginally assessing the whole pelvis with detailed views of uterus, ovaries, rectosigmoid, bladder and surrounding structures. You will be able to see the images and discuss the findings at the time of your scan.