

Your MRI appointment

MRI Enterography (Small bowel scan)

It is important that you read this leaflet **BEFORE**
coming for your scan

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A Magnetic Resonance Scan

MRI uses a powerful magnet and an advanced computer to make clear pictures of the structures inside your body.

How should I prepare for my scan?

For this examination to be successful it is important that your bowel is clear and well prepared. A low residue diet should be followed 24 hours before your scan. It is important that you follow the instructions. During the low residue diet, do not eat anything with fibre. You can drink as much fluid as you like. Try to drink extra water, squash or pop.

If you are diabetic or require an alternative diet, please contact us.

On the day BEFORE your scan:

- **Breakfast** - one or two slices of white toast or bread with a small amount of butter or margarine. No marmalade or jam.
- **Lunch** - white fish or chicken and boiled potatoes, no vegetables. Clear jelly.

Or

- white bread with chicken in a sandwich. Clear jelly.
- **Supper** - same as lunch.

Continue with any prescribed medication. If you regularly use an inhaler or medication for chest pain bring this with you in case you need it.

*If you wish a gluten free, vegetarian or vegan diet, then please see alternative diets at the back of this leaflet.

On the day of your scan:

If you have a morning appointment: stop eating and drinking the night before and have nothing else until after your scan. You may have clear fluids overnight.

If you have an afternoon appointment: have breakfast and then stop eating or drinking until after your scan.

If you have an evening appointment: have lunch and then stop eating or drinking until after your scan.

When you arrive in the department, you will be asked to drink 1.5 litres of a fluid which shows up your bowel on the scan. It is an oral contrast which we will ask you to drink over one hour.

This fluid is designed to help visualise the small bowel on the scan. It is an osmotic agent and helps absorb water into the bowel so that it distends well and will show clearly on the scan. It can also have a laxative effect so drink plenty of fluids over the next few days. It can also cause bloating and flatulence. It is being used 'off-licence' for this scan but is widely used and safe to do so. Please ask if you wish more information.

You will also be given an injection which is also a type of clear dye to help show up the bowel and sometimes another to relax the bowel.

Please complete the patient safety questionnaire and bring it with you.

The whole procedure including the drink, can take up to 2 hours on occasion.

We always try to scan you on time, but please be aware that on occasion, there may be delays caused by ward emergencies.

We are not able to look after unaccompanied children. Please bring someone with you to babysit whilst you are being scanned.

If you need glasses for reading then please bring them with you.

About the Scan

A member of staff will explain the procedure and run through a simple safety check to ensure you have no metal on or in your person. You will be asked to change into a gown.

The scan procedure is very easy, all you have to do is lie on a couch and relax. It is important to be comfortable as we need you to lie very still. Please let the staff know if you need anything to help you get comfortable. You will not feel any discomfort.

Some people may be worried about claustrophobia while being in the scanner but the design of our scanner reduces this and we can stop the scan at any stage. We can also talk to you at all times via headphones.

We need to give a small injection of a special dye into a vein in your arm during the scan. This should not affect you. It enhances structures within your body to aid diagnosis. If you require detailed information concerning the injection which is used, it can be given to you when you attend for your scan. Like all medicines, there is a very rare chance it can cause an allergic reaction.

We will also give you, through the same needle, a bowel relaxant, which can make your eyes go a little bleary, but if they do, it does not last long and you can drive home afterwards.

The noise of the scanner changes as we take different pictures - this is normal. You will be given headphones or earplugs to suppress the noise.

Having an MRI can make you feel warm. A heating effect has been reported with MR imaging. On very rare occasions this may result in patients receiving a burn.

Protocols and procedures are in place to minimise this risk. If you get too hot or it becomes intense, please inform staff.

Important

Before your appointment checks will need to be made to see if any of the following apply:

- A cardiac pacemaker or cardioverter defibrillator
- A prosthetic heart valve
- A neurostimulator
- Aneurysm clips
- Embolisation coils, or a shunt
- Stents or filters in a blood vessel
- An ear implant
- An implantable pump
- A gastric band, or 'pill cam'
- Subdermal or microdermal piercings
- Metal fragments in your eye or elsewhere
- Or think you may be pregnant.

If you have answered YES to any of the above, or wish to change your appointment or have any questions, please telephone the MRI appointment office.

For more information, please see the ULHT website, or ask a member of staff on arrival.

All information in this leaflet recommended by:

Safety Guidelines for Magnetic Resonance Imaging Equipment in Clinical Use

February 2021

MRI appointment Office
Telephone: **01476 464880**

Office open Monday to Friday
9.00am to 5.00pm



Alternative diets

Gluten free

On the day BEFORE your scan:

- **Breakfast** - white rice, rice cakes, or potato without skin
- **Lunch** - white fish or chicken and boiled potatoes, no vegetables. Clear jelly
- **Supper** - same as lunch

Vegetarian

On the day BEFORE your scan:

- **Breakfast** - one or two slices of white toast or bread with a small amount of butter or margarine. No marmalade or jam
- **Lunch** - egg, potato without skin, low fat dairy (yoghurts, soft cheese etc)
- **Supper** - same as lunch or add rice with tofu, rice cakes. Rice pudding

Vegan

On the day BEFORE your scan:

- **Breakfast** - Rice or corn based cereals e.g. puffed rice/cornflakes
- **Lunch** - tofu or soya yoghurts. Fibre-free vegan protein powders/shakes
- **Supper** - rice with tofu, rice cakes, potato without skin. Dairy free yoghurt or rice pudding

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