

Important

Due to the strong magnetic field not everyone is suitable for an MRI scan.

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

- **Have you EVER had metal fragments in your eye?**
- **Have you had brain or heart surgery?**
- **Have you had any stents inserted into a blood vessel?**
- **Is there any possibility you may be pregnant?**
- **Do you have or have you ever had a pacemaker?**

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
March 2015



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Your MRI appointment MRI Enterography (small bowel scan)

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

The Trust endeavours to ensure that the information given here is accurate and impartial.

If you require this information in another language, large print, audio (CD or tape) or braille, please e-mail the Patient Information team at patient.information@ulh.nhs.uk

MRI appointment Office
Telephone: 01476 464880

Office open Monday to Friday
9.00am to 5.00pm

www.ulh.nhs.uk



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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.

On arrival

Drink clear fluids overnight.

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 litre of a fluid which shows up your bowel on the scan. It is an oral contrast which we will ask you to drink over 45 minutes.

The oral contrast has a mild laxative effect so drink plenty of fluids over the next few days.

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.

About the Scan

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

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.

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

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.

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.