

MRE (Magnetic Resonance Enterography)

In-patient Information Leaflet



GIG
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Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board

This leaflet provides information about your magnetic resonance imaging (MRI) scan, how to prepare for it and what is involved.

Appointment Details

Scan date	_____
Scan time	_____ AM/PM
Fast from	_____ AM/PM

What is an MRI scan?

An MRI scanner uses a very strong magnetic field and radio waves to produce images of the body. These images can be used for diagnosing a large number of pathologies and used to plan treatments. MRI does not use ionising radiation like x-rays, and there are no known long-term health risks.

What is MR Enterography?

MR Enterography is a test to look at your small bowel and abdomen. The small bowel is the portion of your intestine joining the stomach and duodenum to the large bowel. Fluid is drunk prior to the scan to fill the small bowel so that it can be more easily seen on the MRI images.

How do I prepare for my MR Enterography appointment?

A member of Radiology staff will attend the ward to go through an MRI safety questionnaire and muscle relaxant checklist with you prior to your MRI appointment. Implants and devices must be reviewed prior to your MRI scan. Such queries can take some time to clarify so please be patient as this is for your own safety. Due to the MRI scanner using a very strong magnetic field, there could be situations where you may not be able to undergo your MRI scan.

Patients who have had penetrating injuries involving metal to their body, especially the eyes, may need to have an x-ray before their MRI scan. This is to ensure there are no pieces of metal remaining.

It is very important you arrive **FASTED**. You **MUST NOT HAVE EATEN FOR 4 HOURS PRIOR** to your appointment time. You can drink clear fluids.

You should continue to take all your normal medication unless you are a diabetic taking insulin. If you are a diabetic using insulin **PLEASE INFORM a nurse on the ward** before your appointment date. If you have diabetes we will try to give you an appointment earlier in the morning. Because you are arriving fasted you should not take the dose of insulin before your appointment time. Please contact your Specialist Diabetes Nurse if you require any further advice.

What happens on the day of my MRI scan?

You will be asked to drink about 1.5 litres of liquid steadily over approximately 40 minutes prior to leaving the ward. A nurse on the ward will site a small tube, called a cannula, into one of the veins in your arm.

You will be collected by a porter who will take you to the radiology department where you will be guided to the MRI scanner.

Before entering the scan room all metal items need to be removed from your body and placed in a locker or left with a companion. This will include watches, piercings, jewellery, hair clips, metal plate dentures, coins, credit cards, keys and mobile phones. You may be asked to change into metal free clothing especially if you are wearing sportswear with metal threads.

When safe and ready the radiographers will ask you to lay down on the scan table and a piece of equipment will be laid across your abdomen. You will be given either ear plugs or headphones to protect your ears from the noise of the scanner, which makes a loud, knocking noise when the scan is taking place. You will have a buzzer in your hand so that you can alert the radiographer at any point.

Your abdomen will be positioned within the middle of the scanner. The Radiographers can see you at all times and can communicate through an intercom system. The MRI scan will last approximately 45 minutes. It is important that you lie perfectly still throughout the scan and follow the breathing instructions.

A muscle relaxant will be administered through the cannula into the vein. This will stop the bowel from moving during the scan and give better images of your bowel. The muscle relaxant may make your eyesight blurred and give you a dry mouth, but it soon wears off, usually around 30 minutes after the injection.

You will also receive an injection of **MRI contrast** through the cannula during the scan.

What is MRI contrast?

MRI contrast is a liquid dye that is used to enhance the appearance of anatomy during an MRI scan. It contains gadolinium and is sometimes administered to patients during MRI examinations at the request of the radiologist (a specialist doctor trained to interpret the images). It is known that a small amount of gadolinium may remain in the body after a scan where contrast is administered. However, there is no evidence that gadolinium deposition has caused any harm to patients. If you need a scan with an MRI contrast agent to help with your diagnosis or treatment, you will be prescribed the lowest dose required for a clear image to be obtained. Further information from the manufacturer is available on request.

What happens after my MRI scan?

The liquid you drink may cause some short lived diarrhoea, so you may wish to spend a short time near a toilet on the ward after the scan. You may eat and drink as normal as soon as the MRI scan is finished. Normal activities can usually be resumed immediately after the MRI scan.

Radiographers cannot give you the results of your scan, but will inform you how long it will take for the results to be written and how to obtain them.

Are there any risks associated with MR Enterography?

MR Enterography is generally regarded as a very safe test. Problems can occur, but they are rare. Problems which might occur are similar to those which can happen with other methods of examining the bowel.

These include:

- Nausea or abdominal discomfort.
- The liquid you drink may cause some short-lived diarrhoea.
- Reaction to the injection of contrast.
- In the rare event of developing **painful, blurred vision** following your appointment, please go to casualty urgently as there is a small risk of precipitating acute glaucoma.



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MRI SAFETY QUESTIONNAIRE

Name _____ DOB _____

Address _____

Weight _____ Height _____

Please complete and bring this form with you on the day of your appointment

If you answer **YES** to any of the questions, please contact us - **MRI booking office 02921 846990 / Mon-Fri 9am-5pm**

If you do not contact us, this might result in delays on the day or cancellation of your appointment

1. Have you ever had any surgical procedures? Yes ☐ No ☐
2. Do you or have you ever had a cardiac pacemaker or implantable cardioverter defibrillator (ICD)? Yes ☐ No ☐
3. Have you ever had any surgery to your heart? e.g. stents, valves Yes ☐ No ☐
4. Have you ever had any accidents where metal may have entered any part of your body, especially your eyes? Yes ☐ No ☐
5. Have you had any brain surgery? e.g. aneurysm clips, shunt, neurostimulator Yes ☐ No ☐
6. Have you ever had any surgery to your eyes or ears? e.g. cochlear implant Yes ☐ No ☐
7. Do you have any implants? e.g. pins, plates, screws, joint replacements, electrical devices, stents, coils, clips Yes ☐ No ☐
8. Do you have anything attached to your body? e.g. pain relief, diabetic sensor Yes ☐ No ☐
9. Have you ever had an endoscopy procedure involving swallowing a capsule 'Pillcam'? Yes ☐ No ☐
10. Have you had surgery or procedures in the last 6 weeks? Yes ☐ No ☐
11. Women of childbearing age (12-55 years old) - Could you be pregnant? Yes ☐ No ☐
12. Do you have a latex allergy? If yes, do you carry an EpiPen? Yes ☐ No ☐

If you've answered yes to any of the above, please provide as much detail as possible below, including dates

Before entering the scan room, all metal items need to be removed from your body and placed in a locker or left with a companion. This will include watches, piercings, jewellery, hair clips, metal plate dentures, coins, credit cards, keys, and mobile phones. You may be asked to change into metal free clothing especially if you are wearing sportswear with metal threads.

Signature of patient _____ Date _____

Signature of MR radiographer _____ Date _____

MRI contrast administration (only to be read and signed if the patient is vetted for contrast)

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1. Women of childbearing age (12-55 years old) - Are you breastfeeding? Yes ☐ No ☐
2. Do you suffer from any allergies? Yes ☐ No ☐
3. Do you suffer from renal impairment / reduced kidney function? Yes ☐ No ☐

Please sign if you consent to having a contrast injection _____ Date _____

Radiology, Medical Physics and Clinical Engineering Directorate Radiology Department

BUSCOPAN PATIENT CHECKLIST FOR PATIENTS UNDERGOING MRI

HOSP NO:

PATIENT NAME:

PATIENT ADDRESS:

DATE OF BIRTH:

Are you allergic to Hyoscine? Yes ☐ No ☐

Do you suffer from tachycardia, unstable heart disease or cardiac failure?
(pain at rest / heart rate over 90 beats / minute) Yes ☐ No ☐

Do you suffer from glaucoma? Yes ☐ No ☐
Is it treated? Yes ☐ No ☐

Do you suffer from Myasthenia gravis? Yes ☐ No ☐

I have answered the questions correctly and I understand that

- If I develop blurred vision or dizziness because of the Buscopan, that I am not to drive or operate machinery until the symptoms have passed
- In the rare event that I develop painful, red eye with a loss of vision, that I must seek urgent ophthalmological advice or attend my nearest Accident & Emergency Department

Please sign if you consent to having a Buscopan injection _____ Date _____

Signature of authorised staff _____ Date _____