

What is MR Enteroclysis?

This involves passing a small tube down the nose or through the mouth into and through the stomach. We then inject the Klean-Prep or a Klean-Prep substitute directly into the small bowel before the scan. We do this in a separate room under X-ray guidance. Passing the tube can be a little unpleasant, but you will not need to drink anything, and the scan may be of better quality.

Where is the test done?

In the MRI scanner in the x-ray or imaging department.

When can I discuss the test?

You can discuss this with your referring doctor or with the Radiologist or Radiographer before the procedure.

On the day before your test

Take a light diet only, do not eat fruit or vegetables. Please see the section on foods you can eat and foods to avoid.

On the day of your test

If you have a morning appointment, do not eat food after midnight the night before. You may still drink water.

If you have an afternoon appointment, take an early light breakfast, and have nothing to eat after this. You may still drink water.

We may give you an injection of muscle relaxant (Buscopan) to prevent bowel spasm. Buscopan may cause temporary blurred vision. This only lasts for a short time after your scan, but we advise you not drive and to arrange for someone to collect you if possible.

Diabetes

If you are diabetic please continue to take any medication as usual.

Before your MRI Scan

The scanner uses a strong magnetic field. For your own safety and to avoid a wasted journey it is essential you fill in the enclosed MRI Safety Checklist Questionnaire. Please bring the completed questionnaire with you. If you have any questions about being suitable for a MRI scan please contact the department (see contact details on the back page).

You cannot have a MRI scan if you have any of the following:

- Cardiac Pacemaker
- Cochlear (ear) Implant
- A metal aneurysm clip in the brain
- Metallic fragments in the eye
- Certain Mechanical Implants

What happens during MR Enteroclysis?

We will take you to an x-ray room and ask you to lie on an x-ray table on your back. We will pass a fine tube down your nose or via your mouth into your stomach. Using x-ray pictures, we will guide the tube through the stomach into the small bowel. We then tape the tube to your nose to keep it in place.

We will then take you round to the MRI scanning room where we will ask you to lie on the scanner table on your stomach. The radiographers will insert fluid into the tube which goes directly into the small bowel and will take scans as the small bowel fills.

We may give you an injection of muscle relaxant (Buscopan) to prevent bowel spasm.

When the small bowel has filled enough, the radiographer will stop the injection and then take scans.

How long will it take?

The scan may take between 30 minutes and 2 hours.

What happens after MR Enteroclysis?

We will ask you to stay in the department for 15-20 minutes before going home. You may wish to use the toilet as the Klean-Prep can cause diarrhoea. You should also keep this in mind when making your way home.

Are there any risks?

MR Enteroclysis is regarded as a very safe test.

Very rarely, problems can occur, and if they do, they are similar to those which could happen with other methods of examining the bowel. These include the following; abdominal discomfort, faint-like reactions, reaction to the injected contrast (dye), diarrhoea from the Klean-Prep.

Your doctor has asked for this test because they feel that the benefits are greater than the risk of not having the examination. Even so, we cannot guarantee that this test will detect all abnormalities in the bowel.

Precautions

- You should continue to take any medication as normal.
- If you are pregnant or have had difficulties in the past with Klean-Prep please call us for advice on the telephone number on your appointment letter.

Foods you can eat

- Tender lean meat, poultry, ham, liver, kidney, texturised vegetable protein
- Fruit flavoured or set yoghurt
- Peeled potatoes, boiled, mashed, roasted
- Carrots, turnips, swede, cauliflower (no stalks)
- Clear or strained soup
- Soft tinned fruit in juice (no pips)
- White bread, flour, rice or pasta
- Water biscuits, cream crackers, rich tea
- Plain scone (no fruit)
- Honey, syrup, ice cream

- Tea, coffee, sugar, sweeteners, but you cannot have milk in your tea or coffee
- Tomato juice, clear fruit juice, squash
- Water and fizzy drinks

Foods to avoid

- Tough meat, beefburgers, sausages
- Sausage rolls, pies, pasties, pastries
- Milk, butter, cheese, margarine, fats and oils
- Whole fruit or muesli yoghurts
- Jacket potatoes – must be peeled
- All other fruit, vegetables and salad
- Thick soup, Baked beans
- Wholemeal bread or flour, whole wheat pasta, brown rice
- High fibre crispbread, digestives, hobnobs
- Cakes with fruit, nuts, coconut
- Nuts and dried fruit
- Jam or marmalade with peel or pips
- High fibre cereals, porridge, muesli, bran

When will I know the result?

We will send your results to the hospital consultant or GP who asked us to do the test.

Please note: If you do not attend for the test we will tell your hospital consultant or GP and will remove you from the waiting list for this test.

You should tell the radiographer before your test if you have any concerns at all about the test.

Any other questions?

Please ask a member of the team in the Imaging Department.

Your appointment

Please

- Do not bring any valuables with you
- Call us if you need advice

Please call us as soon as possible if you can't keep this appointment – we can make you another and give yours to someone else.

Contact Centre Telephone Number

0141 347 8379

www.nhsgg.org.uk