

## MR Enterography

MR Enterography is a test which uses a MRI scanner to produce images of the small bowel as it is difficult to see the small bowel. The aim of the test is to drink enough liquid to fill the small bowel so we can see it better on the scan. Water doesn't work very well, and so we use other liquids, usually a preparation called Klean-Prep.

### 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.

### 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 Enterography?

The radiographer or nurse will explain the test and answer any questions you have, and ask you to sit in the waiting area. Please let them know if you have had any problems with diabetes, asthma, kidney disease, high blood pressure, or any allergies, especially to MRI contrast (dye) injections.

We will give you Klean-Prep before your test (we call this bowel preparation). You will need to drink as much Klean-Prep as possible gradually over one hour, up to two litres (3-4 pints). This is about 500ml (one pint) every 15 minutes.

We will place a needle into a vein in your arm.

We will take you into the scan room and ask you to lie on the MRI scanner table on your back. We will place rubber mats on top of your stomach. The rubber mats record the signals that make the MRI images. We may also ask you to lie face down on your tummy for part of the scan.

We will give you the injection of the MRI contrast (dye) through the tube in your arm, half way through the test.

The radiographers will tell you when this is about to happen. You should not feel any effect from this.

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 to drive and to arrange for someone to collect you if possible.

Once you are on the MRI scanning table the examination will last another 40 minutes. The examination is made up of many individual scans. We will ask you to hold your breath for each of the scans, which take about 20 seconds each.

### **How long will it take?**

The scan may take between 30 minutes and 2 hours.

### **What happens after MR Enterography?**

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 Enterography 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](http://www.nhsgg.org.uk)

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