

Preparation for MRI small bowel

Patient instruction

This patient information sheet should answer any questions you have about your procedure. If you still have questions after reading this, you can visit the Diagnostics section of our website www.theholly.com, telephone the Diagnostic Centre on 020 8936 1202 or email diagnostics@theholly.com

What is a small bowel MRI?

Magnetic Resonance Imaging (MRI) is an imaging tool that uses a powerful magnet to scan your body. The MRI scan will assist in the diagnosis and treatment of your health condition. There is no use of radiation or X-rays. The MRI scanner is a tube which is open at both ends. You can be seen at all times by the Radiographer.

The small bowel MRI is a detailed examination of the small bowel using MRI. It is a very safe procedure requiring you to drink a special solution beforehand to help us highlight the bowel.

The examination will last approximately 30 to 45 minutes.

You may be given an injection of Buscopan to relax the bowel as well as

a contrast media, a type of MRI specific dye, to highlight the blood vessels.

Please inform the Diagnostic Centre if you are diabetic or if you suffer with any allergies or medical conditions.

Please take all essential medicines as usual.

If you have any concerns or queries please contact the Diagnostic Centre on 020 8936 1202.

Preparing for your procedure

To have the examination, it is important that you carry out the following instructions; otherwise the examination may have to be postponed.

1. You must not have anything to eat or drink for four hours prior to your appointment.

2. Please arrive at the Diagnostic Centre one hour before your appointment time.
3. Please follow the diet plan overleaf as best as possible. A low residue diet improves the quality of the scan.

The examination requires you to drink a water-based solution prior to the examination. You must start to drink this one hour before your examination time. Your scan will take place one hour after you have drunk all of the liquid.

After the procedure you may experience a slight change in bowel habit (e.g. flatulence or diarrhoea) which is normal whilst the solution is passing through your digestive system.

After your scan, one of our Consultant Radiologists will look at your images and write up a report. This usually happens with 48 hours. The report will then be sent to your referring Consultant. Please ensure you have made a follow-up appointment with your referring Consultant to discuss your results with them.

Important information for patients paying for their own treatment

We respectfully request that your account is settled either by insurance authorisation or payment at the time of your appointment. A fee may be charged for non-attendance or if less than 24 hours notice is given to cancel an appointment.

Further information

Please do not hesitate to contact us if you have any further queries. You can telephone the Diagnostic Centre on 020 8936 1202 or email diagnostics@theholly.com. Alternatively you can visit the Diagnostics section of our website www.theholly.com

If you would like a copy of this information in large print or an alternative language, please call 020 8936 1214.

Please note we are unable to provide child care facilities during your examination and in most cases children will be unable to accompany you into the examination rooms.

Diet plan

The day before your examination.

Breakfast

Breakfast should be limited to a boiled or poached egg and/or white bread.

A scraping of butter or margarine is allowed, but no jam or marmalade.

Coffee or tea.

Lunch

A small portion of steamed, poached or grilled white fish or chicken may be taken with a small portion of boiled potatoes OR white bread.

Clear jelly may be taken as dessert.

Supper

Lean white meat, fish or eggs accompanied by a small portion of boiled potato OR white bread.

Clear soup or cheese are also acceptable to eat.

Clear jelly may be taken as dessert.

Mid-morning, mid-afternoon and before bedtime you may have a drink of tea, coffee or herbal tea with plain biscuits.

You are encouraged to keep well hydrated with plenty of water.

Call: 020 8505 3311 (Main Switchboard)

Call: 020 8936 1202 (Diagnostic Centre)

Email: diagnostics@theholly.com

Visit: theholly.com

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