

Patient information

Information about your MRI small bowel study

If you have any problems with your appointment time or have any questions you would like to ask, please do not hesitate to contact the MRI receptionist on 01284 712891.

Please arrive 1 hour before your stated appointment time.

What is MRI?

MRI stands for Magnetic Resonance Imaging. The combination of a powerful magnet and a sophisticated computer allows the radiographer to take images of any body part without the use of X-rays. Many pictures are taken allowing the doctors to look at nerves, soft tissues, fat, internal organs, as well as bone, in fine detail.

How safe is MRI?

With your appointment letter you will have a safety questionnaire. **It is very important that you fill this in before your appointment.** If you have any active implants such as a **pacemaker or other cardiac devices, cochlear implant, aneurysm clips, neuro stimulator or programmable shunts**, please contact us as prior to your appointment. We will need to investigate further as some implants/devices are unsafe to scan.

Any glucose monitoring devices, pain patches or hormone patches must be removed before scanning. The MRI scanner can affect their function and can also cause local skin burns.

We also ask you to contact us if you have **ever** had any accidents where metal may have gone into your eyes. It is important you let us know even if this was many years ago.

Preparing for your MRI examination

1. Please arrive early

We ask you to arrive 1 hour prior to your appointment time. This is important as you will need to have a drink prior to your scan. This is called Klean prep which is mixed with squash into a litre jug. The idea is it fills the bowel and appears bright on MRI helping the radiologists look at the bowel lining and how it moves. Arriving early also allows us to check through your safety questionnaire and talk you through the examination.

2. Two days before your appointment please follow the low residue diet plan on the back page of this leaflet

This is important as it helps to improve the quality of the scans we get.

3. Please do not eat for 2 hours before your scan.

Not eating before your scan will help to keep the bowel as still as possible and improve the quality of the scans. This is also important as you may need to have an injection as part of your scan.

Please note: If you are diabetic please have a light snack as required.

4. What do I need to wear?

Before the scan we will ask you to get changed into a gown and will provide you with a locker for safekeeping. Changing into a gown is important to ensure we eliminate any metalwork from your clothing.

You will need to remove any piercings, metallic hairgrips, hearing aids, watches etc. Other items such as coins, keys, credit cards and mobile phones will need to be put in the locker.

We also ask you not to wear mascara as this contains metallic elements and can heat up causing irritation. You will also need to remove any skin patches such as pain patches as these can heat up and cause burns. It is also recommended not to use topical lotions such as heat rubs prior to your MRI due to the heating effect.

What will happen during your MRI examination?

To image the small bowel, a drink is required to fill the inside of the bowel. There is a choice of orange or blackcurrant squash which is mixed with the agent. You will be required to drink the solution little and often over the course of an hour to fill the bowel.

Once we have checked through your safety questionnaire and you are changed you will be taken into the scanning room. You will be asked to lay on your front for the examination as this prevents movement and enhances the image quality. If this is difficult for you or too uncomfortable it will be possible for the examination to be done lying on your back.

The scanner is open at both ends and far more open and spacious than older versions. The body part to be scanned will be in the middle of the scanner. It is very important that you keep still during the scan. You will be asked to follow breathing instructions to help keep the bowel still. The scanner is very noisy, this is normal. You will be given earplugs and headphones. There is an intercom so that you can

Speak with the radiographer in-between scans, and you will be offered a patient buzzer so that you can contact the radiographer at all times.

Please note: Some patient's bowels can be sensitive to the preparation used and it is possible that you may experience delayed side effects including diarrhoea. Please be prepared for this. Seek advice from your referrer if problems persist.

Having an injection of Buscopan before your MRI scan

It will be necessary for you to have an injection of Buscopan. As your bowel is constantly moving in a motion known as peristalsis, this can make the MRI scans blurry. Buscopan is an antispasmodic medicine which will help to relax the muscle of the bowel helping improve the quality of your pictures. You will be asked to fill in a questionnaire to check it is safe for you to have it.

After the drug is given, you might experience slight blurred vision. This should wear off during the scan. You should check that your vision has recovered if you intend driving home after your scan.

Please note: Very rarely patients can develop painful red eyes with loss of vision within 24hrs of receiving Buscopan. If this happens you must seek medical advice as you may have an undiagnosed condition called glaucoma.

How long will it take?

The actual MRI scan takes 30 – 45 minutes.

How do I get my results?

The scan images will be examined after your visit and a report on the findings sent to your referring doctor. If you do not have a follow-up appointment to see your referring doctor one will be sent to you.

What if I am pregnant or breast-feeding?

If you are pregnant, we will suggest that your scan is carried out once you have delivered. If the doctors feel it is medically necessary for you to proceed with scan whilst you are pregnant this is usually done after the first trimester. If you wish to discuss your scan, please contact the MRI department.

MRI and pregnancy

Because of the potential risks to an unborn child, we need to know if there is any possibility of a patient or accompanying parent being pregnant.

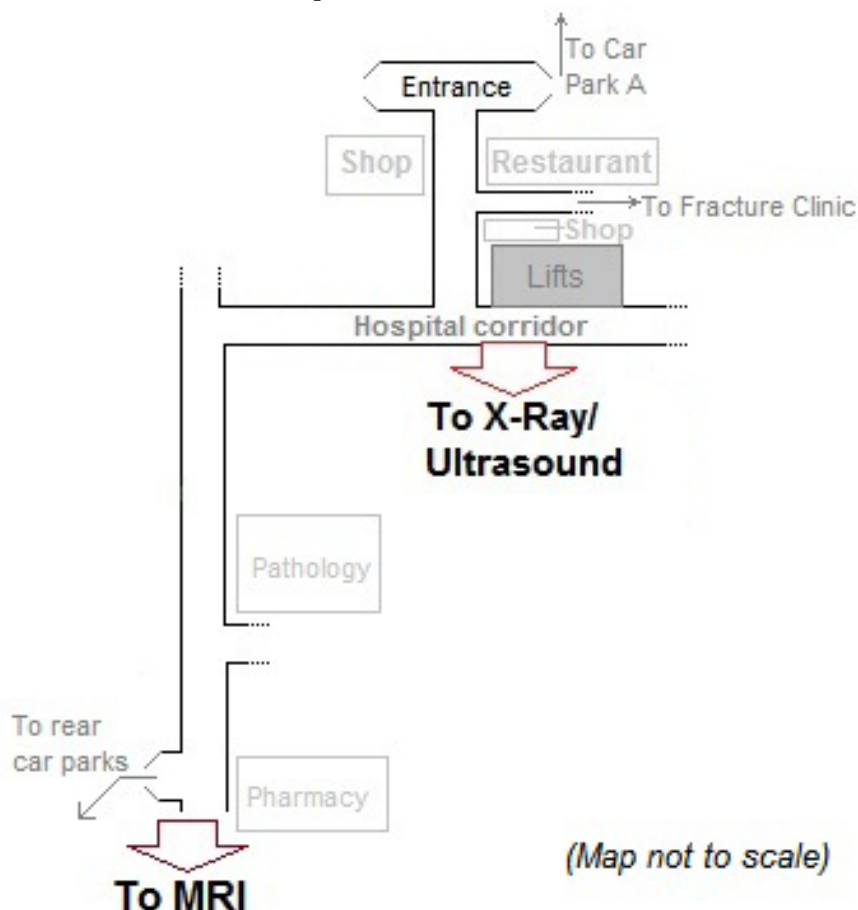
All patients between the ages of 12 years and 54 years of age will be asked if there is the possibility of pregnancy.

Discussion will be carried out in private and in confidence.

Please note: The hospital is not responsible for any lost or stolen valuables. We provide lockers for safekeeping; however, these have limited space. We do not recommend that you bring valuables to your appointment. Wedding rings **do not** need to be removed.

It is not advisable to bring children when attending an MRI appointment as there are no child facilities available. Staff are not legally able to look after them.

Directions to the MRI department:



Car parking for patients/visitors is available in Car Park A at the front of the hospital (the first car park to the right as you enter the site), and Car Park D at the rear of the site near the MRI and Macmillan Units.

West Suffolk Hospital operates a number plate recognition system for all vehicles entering the site. When ready to leave, please visit one of the pay stations on site. Enter your vehicle registration number and pay the required fee. The exit barriers will recognise the vehicle registration and that the parking has been paid for, and will open automatically. Please check the hospital website (www.wsh.nhs.uk) for further information on car parking, fees, exemptions, and penalties.

Please allow plenty of time to park before your appointment as the car parks are continuously busy throughout the day.

Data protection information

West Suffolk NHS Foundation Trust will manage your information in line with the General Data Protection Regulation 2016/679. The information you provide will be retained for the purposes of your healthcare. The information will be retained in line with the **NHS Records Management Code of Practice for Health & Social Care**.

You have rights in relation to the way we process your information. If you no longer want us to use your information for the purposes specified above; if you want to request to have your information erased or rectified, please contact the information governance team on 01284 712781.

We will review all requests in relation to your rights under GDPR, along with our responsibilities for record keeping.

Images may be used for research purposes as well as teaching. Patients must inform a member of staff know if they do not consent to this.

As part of a shared service agreement with other NHS organisations, your radiology images and records may be shared with these other organisations as part of determining and providing your care. If you would like to know more about the extent of this sharing, or you wish us not to share at all with another organisation, or have any other concerns about it, please contact a member of staff.

MRI small bowel diet advice

Please follow 2 days before the MRI appointment. Please drink plenty to keep hydrated.

Foods allowed	Foods not allowed
Lean meat, chicken, fish, eggs, cheese	Wholemeal bread and pasta and brown rice
White bread, white rice, pasta + potatoes (no skin)	High fibre cereals e.g. All Bran, Bran
Cornflakes, Rice Krispies, Special K	Shredded Wheat, Weetabix
Plain biscuits e.g. cream crackers, wafer biscuits, Marie and Rich Tea	Biscuits made from whole grain cereals e.g. Ryvita, digestives
Sugar, honey, syrup and boiled sweets	Fruit and vegetable including pulses
Butter and margarine	Nuts and dried fruit e.g. currents, raisins, apricots
Clear fluids e.g. fruit squash, clear fizzy drinks, clear soups	Jams and marmalades
Oxo, Bovril, Marmite	Fruit juice

Suggested eating plan

Breakfast: White bread or toast with margarine or butter
Marmite, cheese or honey
Cereal (see above), tea or coffee

Snack times: Tea or coffee with plain biscuits or plain scones

Main meals: Clear soup. Meat, fish, eggs – plainly cooked.
Potato (no skins), white bread, white rice or pasta.
Jelly, ice cream or milk pudding

If you would like any information regarding access to the West Suffolk Hospital and its facilities, please visit the website for AccessAble (formerly DisabledGo)

<https://www.accessable.co.uk>



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