

Preparation for an MR Enterography (MRE)

This exam allows your radiologist to evaluate your small intestines using MRI.

What to Know Ahead of Time

- You should not eat a heavy meal for 3 hours prior to your scheduled arrival time. You may take your normal medications, light food and clear liquids (**see APPENDIX A for approved food and drinks**).
- **Please arrive 90 minutes before your scheduled exam time.**
During this time, you will need to register and fill out some forms that will help us ensure your safety, and we will prepare you for the MRI exam.
- In a private changing room, you will have to take off all of your clothes and put on a special gown. Your jewelry and other possessions will be safely secured until you complete the exam.

How long with the test take?

- The total time you will be on the MRI table for your Enterography exam will be around 45 minutes.

Will you have to drink anything for this exam?

- Yes- In order to fill your small intestines, you will be asked to drink *VoLumen*. This will help your radiologist identify any abnormalities. An adult will drink **45 ounces**, while a child will drink an amount based on their weight.

Will you need an IV (intravenous line) for this study?

- MRI staff will give it to you in 20-minute intervals. As you drink, you may feel full and have to go to the bathroom, and you are likely to have loose bowel movements.
- Yes- as soon as you finish drinking, an MRI staff member place an IV in your arm. This will be used to inject a gadolinium based contrast agent during your MRI exam, which helps your radiologist to diagnose abnormalities in your bowel.
- When it is injected, you will likely feel cool a cooling sensation that is sometimes accompanied by a metallic taste in your mouth. This should only last a few minutes.
- **Please let your technologist know if you have had an allergic reaction during a previous MRI exam.**

What will happen before the MRI starts?

- You will lie flat on your back on the MRI table. Your **technologist** will put a pillow under your head and a cushion under your knees to make you comfortable, and two gray rectangular pieces of padded light weight equipment will be placed on your belly.
- Prior to be moved into the MRI scanner, you will be given a small squeeze-ball to hold during the exam. If you experience discomfort during the exam, you may squeeze this ball and it will alert the technologist. As soon as the technologist hears this, he or she will either talk to you through the intercom or come into the room to speak with you. Your technologist will be watching you and communicating throughout the exam.
- Once you are on the MRI scanner, a nurse or radiologist will give you a small injection of a medication directly into your arm. This medication, called *Glucagon*, helps slow down the movement of your intestine temporarily so we get better pictures. Occasionally, Glucagon may make you feel a bit nauseated, but the feeling generally goes away after a few minutes.
- Let the nurse or radiologist know if you have a history of diabetes (the glucagon will cause your blood sugar levels to rise temporarily), or a history of any of the following tumors: pheochromocytoma, insulinoma, or glucagonoma.

What will happen during the MRI exam?

- When the MRI is ready to start, the technologist will give you headphones or ear plugs to dampen the sounds made by the MRI machine. You will then be moved on the table into the MRI scanner. For some pictures, you will be asked to hold your breath for about 20 seconds.

APPENDIX A

Approved Light Foods

- **Toast**
- **Rice**
- **Crackers**
- **Eggs**
- **Plain bagel**
- **Well-cooked vegetables without skin**
- **Lean meat, chicken, or fish**
- **Jell-O**
- **Italian Ice**

Approved Clear Liquids

- **Coffee (no milk)**
- **Tea (no milk)**
- **Water**
- **Apple, Cranberry & Grape Juice**
- **Gatorade**
- **Clear Broth**
- **Ginger ale**
- **Seltzer**