

# MRI Enterography (MRE)

## Pre-Exam Information and Instructions

### Before arriving for your exam

- 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).
- If you have the identification card of any implanted devices you may have, please bring it.
- Let your doctor or nurse know if you are claustrophobic or have pain when lying flat for more than 30 minutes. Claustrophobia or inability to be still for more than 30 minutes will interfere with the exam.
- Children accompanying patients during visits:
  - Unfortunately, we cannot routinely supervise your children during your imaging study. We believe that you are best served when we can provide 100% of our attention to you. Therefore, we encourage you to make childcare arrangements or to bring a responsible adult with you to supervise your children.
- Please leave your jewelry and valuables at home and wear comfortable clothing.
- Although we do not anticipate any delay in your scheduled appointment, we recommend that you bring a book, magazine or music player to help pass any time you may need to wait.
- We follow strict COVID-19 precautions. You will be asked to wear a mask during your appointment, including while getting your scan (we will provide you with a mask to use during the MRI). Your MRI room will be cleaned before you enter by MRI staff.

### After arrival

- You will be asked to complete a questionnaire which will determine if an MRI is safe for you. People with various implants (usually metallic) or with metal in their bodies (including some tattoos) may have difficulty with an MRI, which utilizes a strong magnetic field.
- Upon arrival, the technologist will explain your procedure and answer any questions you may have.
- We will provide you with a hospital gown or hospital scrubs to change into before your MRI.
- If contrast is ordered for your exam, an IV will need to be placed.

### Do I have to drink anything for this exam?

- Yes- In order to fill your small intestines, you will be asked to drink a specific type of oral contrast over the course of one hour before your MRI. This will help your radiologist identify any abnormalities in your bowel. An adult will drink 45 ounces, while a child will drink an amount based on their weight.
- MRI staff will ask you to drink each bottle of oral contrast in 20-minute intervals. This is so we get the best pictures possible of your bowel. As you drink, you may feel full and have to go to the bathroom. It is expected to have some loose bowel movements after the MRI.

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

- 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.

## During your exam

- During your scan you will be required to lie flat on your back, without moving.
- 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.
- A nurse will give you an IV medication called Glucagon before the MRI to help slow your bowel movement during the MRI so we get better pictures.
- The scanning table will slide your body into the MRI machine.
- During the scan, earplugs will be provided to help mask the noise (you will hear loud intermittent humming, thumping, clicking and knocking sounds).
- You will be communicating with the technologist during the entire study.
- For some pictures, you will be asked to hold your breath for about 20 seconds.

## Exam duration

- Your scan will take approximately 45 minutes.

## After your procedure

- There are no restrictions placed upon you. You may eat or drive as normal, although if you took relaxation medication, you will need someone to drive you home.
- Your exam will be interpreted by a Radiologist (a doctor who is an expert in understanding these exams).
- A report will be sent to your provider, who can review the results with you.

## Learn more about your upcoming MRI:

- [CLICK HERE](#) for information on Magnetic Resonance Imaging (MRI) – Enterography at [RadiologyInfo.org](http://RadiologyInfo.org)

[RadiologyInfo.org](http://RadiologyInfo.org) is the public information resource developed by health care professionals in collaboration with patients. It was established to inform and educate the public about how various x-ray, CT, MRI, ultrasound, radiation therapy and other procedures/exams are performed and what you may experience during your procedure. RadiologyInfo.org is sponsored by the Radiological Society of North America (RSNA) and the American College of Radiology (ACR).

## 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

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