

Having an MRI scan of the small bowel (MRI enterogram)

Department of Radiology

Information for Patients

Produced: June 2019
Last reviewed: July 2022
Next review: July 2025
Leaflet number: 73 Version: 11

Introduction

If you have an appointment letter for an MRI scan, please read your letter carefully to check which hospital you need to come to.

This leaflet tells you about your examination. Please read it carefully as it contains important information and instructions.

What is an MRI scan?

An MRI scanner is a large tube that contains a powerful magnet. An MRI scan is a test which uses a powerful magnet and a computer to produce detailed images of any part of the body. The MRI scanner does not use X-rays.

This is a scan to look at your small bowel. It may help your doctor diagnose inflammation, blockages and other problems.

How long will it take?

First you will be given a drink to have over 1 hour. The MRI scan usually takes between 30 and 45 minutes. The time will vary for each patient. You should expect to be in the department for 2 to 3 hours in total.

Information for patients with diabetes

If you have diabetes please speak to your normal diabetes care provider about the eating instructions in this leaflet. You should have a morning appointment. If you have not, please contact the Radiology Department. It may be that we are not aware that you have diabetes.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

Important safety information

You must tell us, by calling the telephone number on your appointment letter if you have any of the following: If you are already staying in hospital, as an inpatient please ask staff on your ward to phone the MRI scan room. If you have

- a pacemaker or internal defibrillator.
- ever had any metal fragments in your eyes.
- any implants or surgical clips in your body or head.
- ever had an operation on your head, eyes, ears, heart or chest.
- had an operation in the last 6 weeks.
- a cochlear implant.
- diabetes
- are breast feeding
- an allergy to sugar or carob bean gum
- an endoscopy appointment within the next 24 to 48 hours.
- If there is any chance that you are pregnant.

If you have been sent a safety questionnaire with your appointment letter, please fill it in and bring it with you.

If you have a drug patch on your skin:

If you have a stick-on drug patch this will need to be removed before having your MRI scan. This is because the patch may warm up or get hot during the scan. This can change the amount of drug given to you.

Once a drug patch is removed it will not reattach to the skin. If you need to have your drug patch all the time, please bring a new patch with you so you can put it on after the scan is completed.

If your drug patch is applied by a nurse at home, please tell the nurse that you will need a new patch after your MRI appointment. They can then arrange to visit you at home to apply a new one.

If you have a glucose monitor and/or an insulin pump on your skin:

If you use a glucose sensor (flash monitor or continuous glucose monitor (CGM)), which attaches to the surface of your skin, this will need to be removed for your MRI scan. Please bring a replacement to your appointment so you can apply it after your scan. Or, you can contact us to change your appointment so it ties in with when you are due to replace your sensor.

If you have an insulin pump with tubing, you will need to remove the pump before the scan can be done. The pump can be reattached as soon as the scan is over.

If you have a patch pump, such as an Omnipod, you will need to remove the Pod and keep your Personal Diabetes Manager (PDM) outside of the room with your belongings. Please bring a new Pod to apply after the scan.

How do I get ready for the scan?

Do not eat anything for 4 hours before your scan. You may continue to drink clear fluids (water, black tea or black coffee).

Please bring any sprays or inhalers that you are taking with you.

It is helpful to wear clothes which do not have metal zips or clips.

A member of staff will talk to you about the MRI scan and ask you to complete a safety questionnaire before starting the scan if you have not already done so.

Before the scan you will need to remove all loose metal objects, including:

- watch, activity tracker, mobile phone, money, credit cards, keys, glasses
- all jewellery (including piercings) - metal piercings can be replaced with plastic piercings before coming for your scan.
- hair clips and grips, wigs, hair pieces, weaves or extensions
- eye makeup, fake eyelashes
- sports clothing that contains silver fibres
- stick-on drug patches - see more information on the previous page
- diabetic monitoring device - see more information on the previous page

If you have a fear of confined spaces (claustrophobia) please tell us when you arrive. Most people who are anxious about the scan are able to manage it with support from our staff.

What happens during the MRI scan?

On arrival at the Radiology Department you will be directed to the MRI scanner. A radiographer or an assistant practitioner (an AP) will go through the questionnaire with you and tell you about the scan. You may ask any questions that you have.

You will be given about 1 litre of liquid called oral contrast to drink slowly over 1 hour. This will help us to see the small bowel better on the scan. This liquid is also a mild laxative.

If you are wearing clothes with metal clips or zips you will then be asked to change into a gown. You will then be taken into the scan room and asked to lie down on the scanner table which is moved into the magnet.

During the scanning you will hear a rhythmic tapping sound which may become quite loud. This is normal. You will be given headphones or earplugs to protect your ears from the noise.

The radiographer or AP operating the scanner can see you throughout the scan. You will be given a call button to alert the staff if you need to speak to them during the scan.

You may be asked to hold your breath several times during the examination. You will be told when to do this. If you have any difficulties holding your breath for short periods (about 20 seconds) please tell the staff on arrival.

An injection of a contrast liquid (a colourless liquid that shows up on the scan) into a vein in your arm is often needed to show more information on the scan.

You may also be given an injection of medication called Buscopan to relax the muscles of the bowel for a short time. This improves the pictures but may make your eyesight blurred. This should pass after about 30 minutes.

What happens after the examination?

You may eat and drink normally after the examination and you should then be free to return to work / normal daily life. You may have loose poo (diarrhoea) as a result of the oral contrast drink.

Do not drive if your eyesight has become blurred.

Are there any risks?

The use of magnetic fields from MRI scans is not thought to be harmful.

Problems seeing - If you were given an injection of Buscopan to relax the bowel muscles, the muscles of your eyes may have relaxed as well. This may cause blurry eyesight. If you are affected do not drive until it has returned to normal. The blurry eyesight usually gets better within 30 minutes.

Eye pain - if you get any pain in your eyes in the next 24 hours please go to eye casualty immediately and show them this leaflet or the after-care sheet you may have been given after the scan. Call NHS 111 if you are not sure where to go.

Side effects or reaction to contrast liquid - there is small risk of side effects from the contrast liquid. Symptoms are usually mild and may include itchy skin, pain at the injection site and occasionally feeling sick (nausea) or being sick (vomiting). Headache and chest pain are rare. If you get any of these symptoms at the hospital, tell the doctor, nurse or other staff looking after you. If you develop symptoms at home you should contact your GP or call the NHS 111.

How do I get the results?

The results will not be given to you immediately. Your MRI scan pictures will be looked at by a radiologist and the results will be sent to the consultant or GP who asked for this scan. If you are an inpatient the results will be given to the doctors looking after you on the ward. We will tell you how you can get your results after you have had your scan.

What if I need to talk to someone?

If you have any questions or concerns, or cannot make your appointment please call the Radiology Department on **0116 258 8765 (option 2)** - Monday to Friday 9am to 5pm, excluding bank holidays.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk