

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

Radiology Department

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Information for Patients

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If you have an appointment letter for your scan, please read it carefully. See which hospital to come to.

Please read all of this leaflet. It tells you about your scan. It has important information.

If we sent you a safety questionnaire, please fill it in and bring it with you.

What is an MRI scan?

An MRI scanner is a large tube with a strong magnet. An MRI scan uses the magnet and a computer to make detailed pictures of any part of the body. An MRI scan does not use X-rays.

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

How long will it take?

First we give you a drink to have over 1 hour. Then you have the MRI scan. The scan usually takes about 45 minutes. The time will vary for each patient. You should plan to be in the department for about 2 hours.

Information for patients with diabetes

If you have diabetes please speak to your usual 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.uhleicester.nhs.uk for maps and information about visiting Leicester's Hospitals.
To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net

Important safety information

You must tell us, by phoning the number on your appointment letter if you:

- have a pacemaker or internal defibrillator.
- have ever had any metal fragments in your eyes.
- have any implants or surgical clips in your body or head.
- have ever had an operation on your head, eyes, ears, heart or chest.
- have ever had a GI pill video capsule (capsule endoscopy) that did not pass through.
- think there is a chance that you might be pregnant.
- have had an operation in the last 6 weeks.
- have a cochlear implant for your hearing.
- have diabetes.
- are breast feeding.
- have an allergy to sugar or carob bean gum.
- have an endoscopy appointment within the next 24 to 48 hours (1 to 2 days).
- think there is any chance that you are pregnant.

If you are already staying in hospital as an inpatient, please ask staff on your ward to phone the MRI scan room to tell us if any of the above applies to you.

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

How do I get ready for the scan?

- **Do not eat anything for 4 hours** before your scan. You can keep on drinking clear fluids (water, black tea or black coffee).
- **Please bring any sprays or inhalers you use.**
- **Medicine prescribed by your doctor should be taken as usual.**

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

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

- watch, activity tracker, mobile phone, money, credit cards, keys, glasses.
- all jewellery (including piercings). You can replace metal piercings 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 has silver fibres in.
- stick-on drug patches. See instructions below.
- glucose monitors that are not safe to use in MRI scanner. See instructions below.

If you have a fear of small 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.

If you have a drug patch on your skin:

If you have a stick-on drug patch for pain medicine, hormones, nicotine or other medicine, you will need to take it off before your MRI scan. This is because the patch may warm up or get hot during the scan. This can change how much of the medicine your body gets.

Once a drug patch is taken off, you cannot stick it back on. If you need your drug patch all the time, please bring a new patch with you. You can put it on after your scan.

If a nurse puts your drug patch on you at home please tell them that you will need a new drug patch after your MRI appointment. They can then plan to visit you at home to put a new one on.

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

If you use a glucose sensor such as a flash monitor or continuous glucose monitor (CGM) on your skin, you may need to take it off for your MRI scan. It depends what type it is. Please bring a replacement with you. You can put it on after your scan. Or, you can call 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 your scan. You can reattach the pump after your scan.

If you have a patch pump, such as an Omnipod, you will need to take the pod off for the scan. The Personal Diabetes Manager (PDM) must be kept outside of the room. You can bring a new pod to put on after the scan.

What happens during the MRI scan?

- When you get to 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.
- We will give you about 1 litre of liquid called oral contrast. You must drink it slowly over 1 hour. This will help us to see the small bowel better on the scan. This liquid is also a mild laxative. It can also make you need to go to the toilet more often and more urgently. Your poo may be more loose and runny.
- If you are wearing clothes with metal clips or zips, we will ask you to change into a gown.
- We will take you into the scan room.

- You will lie down on the scanner table. This will move into the magnet.
- During your scan you will hear rhythmic tapping sounds. This may become quite loud. This is normal. We will give you headphones or earplugs to protect your ears from the noise.
- We can see you during your scan to check you are OK. We will give you a call button to alert us if you need to speak to us during your scan.
- We may ask you to hold your breath a few times during your scan. If you have any problems holding your breath for short periods (about 20 seconds) please tell us when you arrive.
- We may give you an injection of a colourless liquid (contrast) that shows up on the scan into a vein in your arm. This can show more information on the scan. We will tell you if you need the injection.
- We may give you an injection of medicine called Buscopan. This makes the muscles of the bowel relax for a short time. This improves the pictures. It can also make your eyesight blurred. This should pass after about 30 minutes. We will tell you if you need this injection.

What happens after the scan?

Do not drive if your eyesight has become blurred.

You can eat and drink as usual. You can return to your usual activity or work.

You may have loose poo (diarrhoea) for 1 or 2 days. This is a side effect of the oral contrast drink.

Are there any risks?

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

- **Problems seeing.** If you had the Buscopan injection to relax the bowel muscles, the muscles of your eyes may have relaxed as well. This may cause blurry eyesight for about 30 minutes. If this happens do not drive until your eyesight is back to normal.
- **Eye pain.** If you get any pain in your eyes in the next 24 hours (1 day) please go straight to eye casualty. 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.** There is small risk of side effects from the contrast. Symptoms are usually mild and may include itchy skin, pain at the injection site. You could feel sick (nausea) or be 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 start to get symptoms at home you should contact your GP or call the NHS Helpline on 111.



How do I get the results?

You will not get the results straight away.

After your scan we will tell you who the results will go to and how to get your results.

A doctor who specialises in MRI scans (a Radiologist) will look at your scan pictures.

The results will be sent to the GP or hospital doctor who asked for this scan.

Your scan report will be added to the NHS App. It may not show straight away. Your GP or hospital doctor may see the report before you do. The report uses medical words and is written for healthcare staff to understand. If you have any questions or concerns, please talk to the clinician who referred you.



What if I need to talk to someone?

If you have any questions or concerns, or cannot make the appointment:

Please call the Radiology department on **0116 258 8765** and select **option 2**. Monday to Friday 9am to 5pm, but not on 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 بلغةٍ 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

Previous reference:

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