

## Magnetic Resonance Enterography (MRE)

Due to the preparations needed for the examination, we ask that you **arrive one hour before the appointment time**. The examination lasts 30-60 minutes.

Good bowel preparation is a prerequisite for the success of the examination. Please read the information below carefully and follow it exactly.

**Iron supplement tablets should not be taken in the five days prior to the examination.**

### The day before the examination

**Successful examination requires good bowel preparation. It is important that you empty your bowels the night before/the morning of the examination, either naturally or, if there is abdominal constipation, use Microlax®. You can purchase it from a pharmacy.**

The day before the examination, you should eat low-fat, low-fibre food, e.g. bread, kissel, potatoes, lean chicken and fish. Meat, vegetables and fruits, porridge, whole-grain bread, butter, milk and other dairy products should be avoided. Carbonated drinks should also be avoided as they promote the formation of gases in the gut.

- Do not eat or chew gum in the evening after 5 pm.
- You can drink water, juice diluted with water or tea, to which sugar may be added.

### The day of the examination

- Do not eat before the start of the examination!
- You can drink a small amount of water, tea or juice diluted with water.
- You can take your daily medications with a little bit of water.
- Do not apply any medicated patches (e.g. nicotine patch, analgesic patch).
- All jewelry and piercings must be removed before the examination. If you have piercings that you do not wish to remove, please replace them with plastic ones that contain no metal parts.
- Wear something light and comfortable that is easy to and remove.
- Approximately 30-45 minutes before the examination, you will be given 1.5 litres of fluid to dilate the intestinal lumen. The solution should be drunk at a calm pace within the time frame you have been told.



## During the examination

Magnetic Resonance Imaging (MRI) provides precise anatomical images of the human body using a strong magnetic field. The examination does not involve ionising radiation or X-rays. The examination is painless and allows for the diagnosis of various diseases. The examination is performed in a tunnel-like device that is open at both ends, well ventilated and well lit.

**PLEASE NOTE!** If you have claustrophobia, or a fear of confined spaces, or anxiety, tell your doctor, who will prescribe a mild sedative if necessary. If you are afraid, inform the radiology technician performing the examination.

During the examination, you will be monitored through a window and via a camera. If you experience any discomfort, you can signal the radiographer using a safety button. During the examination, you will hear loud noises from the device, so ear protection will be provided.

**The success of the examination requires remaining still throughout the procedure.** Every effort will be made to ensure your comfort. If necessary, you may be given breathing instructions. Breath holds last for about 10-20 seconds at a time.

**Before the examination, a sedative medication (Bysimin) for your intestines will be injected.** During some MRI scans, a contrast agent may be injected into a vein to improve the clarity of the images. The contrast agent used is gadolinium-based. Allergic reactions are very rare.

## MRI contrast agent – what should you know?

The contrast agent used in MRI contains gadolinium, which helps the doctor see important areas more clearly. Modern gadolinium-based agents have very low kidney toxicity and are generally safe to use.

### Patients with kidney problems

- Contrast agents can be administered even to patients with kidney failure, including those with significantly reduced kidney function (eGFR < 30).
- If the eGFR is very low (< 15), hemodialysis after the examination may be helpful.
- MRI with contrast can be performed for hemodialysis patients if dialysis is carried out within 24 hours after the examination.
- Patients on peritoneal dialysis can continue their treatment as usual.

Gadolinium may accumulate in certain areas of the brain over time, but the clinical significance of this is currently unknown.

**Low-risk MRI contrast agents include:** Gadovist.

The contrast agent is excreted from the body through the kidneys; it is recommended to drink more fluids than usual after the examination.

### **Pregnancy and breastfeeding**

- During pregnancy, gadolinium contrast is used only if absolutely necessary.
- Only a very small amount of contrast agent passes into breast milk, and it is completely cleared from the body within 24 hours. If desired, a mother may pump and store breast milk before the examination to use for feeding afterwards. This is not required, but it may provide additional reassurance.

### **After the examination**

You will receive the results of the examination from your doctor. If you do not have a scheduled follow-up appointment or phone call, please contact the referring department.

