

## Small intestine MRI or enterography

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.**

### Preparing for the examination

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

### The day before the examination

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.

- Take two 5 mg bisacodyl tablets (available over-the-counter in the pharmacy) orally at around midday and one to two tablets at around 7 pm the day before the examination. This medication is used to empty the gut and causes diarrhoea.
- Do not eat or chew gum in the evening after 10 pm.
- You can drink water, juice diluted with water or tea, to which sugar may be added.

### The day of the examination

- In the morning at 7 am apply one tube of Microlax rectal solution for emptying the rectum (available over-the-counter in the pharmacy).
- 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).
- Jewellery and piercings should be removed and it would be best for you to leave them at home.
- Wear something light and comfortable that is easy to put on 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) allows us to obtain accurate anatomical images of the human body using a strong magnetic field. No ionising radiation or X-rays are used for the examination. The examination is painless and enables the diagnosis of several diseases. The examination is performed in a tunnel-like device, which is open at both ends, ventilated and illuminated.

**Please note!** Tell your physician if you have claustrophobia or a fear of enclosed spaces or if you experience anxiety. When you are afraid, also inform the radiology technician conducting your examination.

During the examination, you will be monitored through a window and via a camera and in the case of discomfort, you can let the radiology technician know by pressing the safety button. Since the MRI device produces loud noises throughout the examination, you will be given ear protection.

**Please note!** For the examination to be successful, you are required to keep still throughout the investigation. To this end, we try to position you as comfortably as possible.

You will be given breathing instructions during the examination. The moments for which you need to hold your breath last around 10-20 seconds at a time.

An intravenous medicine that calms the bowel and a contrast agent that does not contain iodine are injected into your vein. Allergic reactions are very rare. The contrast agent is excreted by the kidneys. Thus, it is recommended that you drink more fluids than usual after the examination.

## After the examination

You will receive the results of the examination from your physician. If you do not have an appointment or a call booked, contact the department that referred you for the examination.