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**Patient Information Leaflet for MRI Scan**

**IMPORTANT**

Due to the strong magnetic field not everyone is suitable for an MRI scan. If you have any of the following, please contact us on our free-phone number, when you receive your appointment letter: -

- **Heart Pacemaker/ Defibrillator** (Please contact us even if you have previously scanned so we can make sure you are booked in an appropriate slot)
- **Aneurysm clips in the brain**
- **Metal fragments in eyes, head or body**
- **Ear Implant**
- **Implanted Nerve Stimulator**
- **Continuous Glucose Monitor** eg Libre ( these can't be worn in the scanner and have to be removed and a new one applied after the scan)
- **If you have had an operation within the last 6weeks**
- **If you think there is a chance of you being pregnant**

**Preparation Instructions**

Do not eat anything **6 hours before** your examination. You must drink plenty of water or diluting juice before the scan to ensure you are well hydrated and continue to drink plenty after the scan.

On the day of your appointment please arrive **1 hour prior to your appointment time** and report to the MRI Department.

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*For further Information contact  
RADIOLOGY Department 01463 706062*

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On arrival at the MRI Department you will be given a special drink which will enhance the quality of your scan. A cannula will be inserted prior to your scan to allow the radiographers to inject Buscopan and Contrast media during your scan

- Because of the strong magnetic field, you will be asked to put on a hospital gown. If you prefer your own clothes, a zip less tracksuit or pyjamas can be worn.
- You will be asked to remove any metal objects such as watches, jewellery, keys, coins, credit cards, hair grips etc... You may prefer to leave these objects at home although a locker is available.
- Please do not wear any mascara on the day of your scan. It contains iron which can interfere with the quality of the scan.
- If you have a reveal heart monitor it is advisable to download the data from it at home before attending for your appointment.

**After you have drunk the mannitol we need to wait for an hour to allow the drink to distend your bowels, the actual scan time on the scanner will be approx. 40mins. Please note appointment times can sometime be delayed to allow the department to fit in emergencies. The department will work to keep any delays to a minimum**

### **Diabetes**

#### **Diabetes treated with tablets**

- Take diabetes medication with food as prescribed before fast.
- Omit morning dose on day of appointment
- Resume usual diabetes medication as prescribed with food following procedure.

#### **Diabetes treated with Metformin**

- If your kidney function is normal, you must stop your Metformin tablets on the day of the scan for 48 hours and then restart Metformin.
- If your kidney function is reduced then your doctor will ask you to stop Metformin 48 hours before the scan and for 48 hours after the scan. You should then go to your

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doctor and have a blood test to check your kidney function before you restart Metformin tablets.

### **Diabetes treated with insulin**

- May require reduction (30 – 50%) in insulin dose prior to fast to prevent hypoglycaemia.
- People with type 1 diabetes should continue basal (long acting) insulin as prescribed. Basal insulin preparations include Lantus, Levemir, Insulatard and Humulin I.
- Resume normal insulin as prescribed with food following procedure.
- If BD insulin regimen is restarted at lunchtime it is recommended that half of the normal “breakfast” insulin dose should be prescribed with lunch after procedure.

### **What if your blood sugar is low (<4mmol/l)**

If you develop any symptoms suggestive of a low blood sugar (sweating, shakiness, fast heart rate) check blood glucose if you have a meter and treat with 150 ml fresh fruit juice. Repeat blood glucose after 10 mins and take the same quantity of fresh fruit juice if still <4. If you don't normally check your blood glucose, take another 150 ml fresh fruit juice, if you still have symptoms 10 mins after the initial treatment.

FIZZY JUICE REQUIRES TO BE AVOIDED PRIOR TO APPOINTMENT SO LUCOZADE IS NOT SUITABLE.

Contact your local Diabetes Specialist Nurse or the Diabetes team at Raigmore- 01463 255943 or 01463 255935, if in any doubt or for individual advice.

### **FOLLOWING THE MANNITOL DRINK IN MRI**

The drink that we are giving you for this scan fills the bowel helping to identify any abnormalities.

Mannitol is a sugar compound and is mixed with water. It draws water into the bowel and distends the bowel for the scan.

The mannitol drink may cause loose bowel motions on the day of your scan. Please ensure you have easy access to a toilet after the scan.

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**Transport**

For assistance on public transport to the hospital please call 0871 200 22 33 To see if you can get help with travel costs telephone 0845 850 11 66 For Ambulance assistance to attend your hospital appointment please call 0300 123 123 6.

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*MRI small bowel scan May 2013*

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