

Preparing for: MRI of the rectum

1. THE TEST



Test date

You are scheduled for your appointment on _____ at _____.

To provide thorough and appropriate care, we must devote the necessary amount of time to each individual patient, and the time this will take cannot be determined beforehand. If for any reason you are unable to make your appointment, please notify us as far in advance as possible.

What does the test consist of?

Magnetic resonance imaging of the rectum (MRI of the rectum) is a diagnostic imaging technique used to study the shape of the rectal area. It is a noninvasive procedure that does not use X-rays or radioactive elements. It is sometimes necessary to give the patient intravenous **contrast dye** to obtain a clearer picture of the area of interest. The most commonly used contrast agent is **gadolinium**. Patients having an MRI scan are placed inside a machine, where they are subjected to a magnetic field. MRI scanners are very sensitive to movement, so it is important that the patient remain still for the duration of the exam. The exam normally takes 30–45 minutes to complete.

FOR YOUR SAFETY

You must inform us before the test if any of the following applies:

- ✓ You have developed any type of allergic or adverse reaction to a contrast agent before;
- ✓ You are pregnant or suspect you may be.

For the test to be effective, it is essential that you follow the preparation instructions that appear below.

2. BEFORE THE TEST



2.1. How to prepare

Two days before:

- **Have light meals**
 - ✓ **You can eat** rice and pasta, broth (except vegetable broth), meat and fish without added fats (seared or boiled), hard cheeses, fiber-free biscuits or cookies, toasted bread, filtered juices, tea and herbal tea, coffee, and noncarbonated beverages.
 - ✓ **You must avoid** salads, vegetables and legumes, fruit, potatoes, meat and fish prepared in sauce, lunch meats, whole-grain bread, milk and milk derivatives, fats, pastry, and carbonated beverages.

The day before your test:

- **Follow a liquid diet**
 - ✓ **You can have** water, filtered broths, strained juices, tea and herbal tea, coffee, and noncarbonated beverages.

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On the day of your test:

- **Fast:** avoid solid foods for the 4 hours leading up to your exam.
- If your doctor has prescribed that the test be performed with **sedation**, please indicate this at the time of the appointment and follow these instructions: refrain from eating solid foods for at least 6 hours and do not drink any liquids for 2 hours prior to the test. You should be accompanied by an adult and refrain from driving and drinking alcohol for 12 hours after the test.
- Take an **enema 3 hours before** your exam.
- Wear clothes that are **easy to remove and put back on**.

2.2. Precautions

It is very important that you notify us before your test if:

- You have developed any type of **allergic or adverse reaction** to contrast dye before;
- You have **hemorrhoids**, an **anal fistula**, or other abnormalities of the rectum or anus;
- You are **diabetic** or have **liver or kidney failure**;
- You are **pregnant or suspect you may be**;
- **Women who are breastfeeding:** if your scan requires contrast dye, you can continue breastfeeding normally after the procedure (Note, however, that a very small amount of dye may be passed on to the child through breast milk. You may choose to avoid breastfeeding for the 12 hours following the test, opting to remove milk beforehand and administer the milk to your baby over the 12 hours after the test);
- You have a **pacemaker**, **prosthetic implant** (e.g., joint replacement, dental prosthesis), **metallic device** (e.g., screws, pins, plates), **recently inserted surgical staples**, etc.;
- If you have an implantable cardioverter-defibrillator (ICD), electrodes for the heart or brain, clip for a brain aneurysm, an **implanted electronic device** (e.g., brain stimulation device, drug-infusion port, ear implant) or a stent, you must furnish a medical report specifying the model you wear;
- You have a **tattoo** (Tattoo ink may have metallic components, possibly causing you to experience itchiness, tingling, pain, burns, or a burning sensation during the test. All tattoos should be protected to keep this from happening.);
- You are **claustrophobic**. There may be difficulties if you have claustrophobia, or fear of enclosed spaces. (If you think you may become anxious inside the MRI unit, you should inform the technicians of this before the test.)

If you require any further explanation or clarification, do not hesitate to ask the staff working in the department where you will be having your test.

3. REMARKS



Other documents

The safety questionnaire must be completed and signed before the test can be performed.

Accessing your medical records

Once your test results have been analyzed by your doctor, you may access them on the **Patient Portal**. The Patient Portal is a private online space where you can manage all aspects of your health and that of your family—wait-free and with no unnecessary trips to the hospital. Manage your appointments and access your reports, test results, and imaging studies by going to <https://www.quironsalud.es/es/portal-paciente>

Contacting us by phone

Having difficulty logging on to the Patient Portal? Contact us by phone:

901 500 501

Thank you for your cooperation.