

# MRI Prostate

## Pre-Exam Information and Instructions

### Before arriving for your exam

- If you have the identification card of any implanted devices you may have, please bring it.
- Let your doctor or nurse know if you are claustrophobic or have pain when lying flat for more than 30 minutes. Claustrophobia or inability to be still for more than 30 minutes will interfere with the exam.
- You should take a Fleets Enema the morning of your exam (preferably within four hours prior to your appointment). Your doctor will write you a prescription or you can purchase this over-the-counter at any local pharmacy. The enema helps to remove air and stool from your rectum and results in better pictures of the prostate.
- You can eat normally before the MRI.
- You should try to go to the bathroom after you check in for your MRI to evacuate any remaining stool in your rectum.
- Children accompanying patients during visits:
  - Unfortunately, we cannot routinely supervise your children during your imaging study. We believe that you are best served when we can provide 100% of our attention to you. Therefore, we encourage you to make childcare arrangements or to bring a responsible adult with you to supervise your children.
- Please leave your jewelry and valuables at home and wear comfortable clothing.
- Although we do not anticipate any delay in your scheduled appointment, we recommend that you bring a book, magazine or music player to help pass any time you may need to wait.
- We follow strict COVID-19 precautions. You will be asked to wear a mask during your appointment, including while getting your scan (we will provide you with a mask to use during the MRI). Your MRI room will be cleaned before you enter by MRI staff.

### What should you expect during the scan?

- You will be asked to complete a questionnaire which will determine if an MRI is safe for you. People with various implants (usually metallic) or with metal in their bodies (including some tattoos) may have difficulty with an MRI, which utilizes a strong magnetic field.
- We will provide you with a hospital gown or hospital scrubs to change into before your MRI
- After changing into hospital attire, a staff member MRI technologist will place an intravenous (IV) line, into your arm, so contrast can be injected towards the end of the exam. The MRI contrast, commonly known as “gadolinium”, helps the radiologist identify areas in the prostate that may be concerning.
- You will enter the scan room and lay feet first on the imaging table. Depending on your height, your head may be located outside of the scanner. Your technologist will place a lightweight detector coil pad on top of your pelvis in the area of the prostate. This improves the quality of the pictures we take of the prostate.
- During the scan, earplugs will be provided to help mask the noise (you will hear loud intermittent humming, thumping, clicking and knocking sounds).

- If there is a lot of air in your bowel at the time of the first images, you will be asked to try to expel air and stool in the restroom to clear the area of the prostate for better imaging and then return to the MRI scanner.
- During the exam, you will be asked to hold still and breathe normally. Towards the end of the exam, you may be asked to hold your breath for part of the scan. Although your technologist is not in the room with you during the scan, they can see and hear you at all times, and you will be given a squeeze ball to alert them if you have any problem.

### Exam duration

- Your scan will take approximately 45 minutes.

### After your procedure

- There are no restrictions placed upon you. You may eat or drive as normal, although if you took relaxation medication, you will need someone to drive you home.
- Your exam will be interpreted by a Radiologist (a doctor who is an expert in understanding these exams).
- A report will be sent to your provider, who can review the results with you.

### Learn more about your upcoming MRI:

- [CLICK HERE](#) for information on Magnetic Resonance Imaging (MRI) – Prostate at [RadiologyInfo.org](http://RadiologyInfo.org)

[RadiologyInfo.org](http://RadiologyInfo.org) is the public information resource developed by health care professionals in collaboration with patients. It was established to inform and educate the public about how various x-ray, CT, MRI, ultrasound, radiation therapy and other procedures/exams are performed and what you may experience during your procedure. RadiologyInfo.org is sponsored by the Radiological Society of North America (RSNA) and the American College of Radiology (ACR).

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