

## MRI Pelvis and Prostate

Your doctor has asked that you have a Magnetic Resonance Imaging (MRI) exam of your pelvis. MRI is a safe and painless way for your doctor to look at the area between the hip bones. This part of the body is called the pelvic area. The pelvic area has the prostate gland, vesicles, testicles, penis, rectum and pelvic floor. MRI of the pelvis is often used to check for abnormalities.

MRI uses powerful magnets and radio waves to create the pictures of your pelvis.

### Before your MRI

- Do not eat for 4 hours before your MRI
- **Tell your doctor or the nurse in MRI if you have any allergies to medications or contrast.**
- If you take medicines, you may take them the day of the test.
- If you wear any kind of medicine patch, it will need to be taken off before the test. Bring a new patch that you can put on after the test.
- If you are afraid of small spaces, talk to your doctor. Your doctor can give you some medicine that will help you relax. If you do bring medicine to help you relax, you will need to have someone with you that can drive you home.
- If you have had an endoscopy or a colonoscopy in the last 8

weeks, please call the MRI nurses office **(608) 262-5276**.

### Day of Test

- Take the Atrium elevators to the third floor Radiology Check-In desk. They will let the MRI area know that you have arrived
- Plan to arrive 30 minutes before your MRI. There are many questions we need to ask about your health history. Please bring cards for any implants in your body.
- You will need to take off all metal items such as a watch, hairpins, bra, jewelry and coins. You may not bring anything into the room with the MRI machine. This includes your wallet, purse, cell phone and keys. Our changing areas are private and there is a secure locker for your clothes and other items. It is best however, if you leave valuable items at home.
- It is important to wear clothing that does not have metal buttons, zippers or pockets, such as jeans. **Hospital gowns that are safe for MRI are available, but you may bring your own clothes.** Know that some sportswear and other casual clothing may have metallic threading or material on it. If you wear something that does have metal on it or pockets you will be asked to change into a hospital gown.

- An intravenous line (IV) will be started. During the test we will use this IV to inject Gadolinium. Gadolinium is a contrast medication. This medicine is used to highlight blood vessels near the end of the MRI.

### **During the Test**

- MRI is a long tube-like machine that is open on both ends.
- Before we position you on the narrow padded table, a small coil will be placed into your rectum. This coil sends and receives the radio waves that improve the quality of the images. The coil is lubricated with a medicated gel that will decrease your discomfort as the coil is being placed. You will feel an increase in rectal pressure as the balloon of the coil is being inflated.
- This coil will stay in place for 60 minutes while the images are being made. We will try to make you as comfortable as possible
- During the test you will hear the MRI machine make very loud knocking sounds. You will have

headphones to block out some of this noise. You will also be able to listen to music, and hear breathing instructions from the technologist.

- The technologist will not stay with you in the room. You will be able to hear the staff through the intercom. The technologist will take pictures and check on you during the test. Let us know if you are uncomfortable at any time.
- We will place a ball in your hand to squeeze if you need the technologist during the exam.
- At different times during the test you will be asked to hold your breath for about 15 to 20 seconds.
- It is important that you try not to move during the test. It is just like taking a picture with a camera. If you move while the picture is being taken, the picture will be blurry
- If you have any problems or concerns after your test, please call your doctor.

### **After the MRI**

- The technologist will take out your IV and the rectal coil when the MRI is complete.
- We want you to drink plenty of fluids to help your system clean out the contrast medication.
- Your MRI will be read by a radiologist and the results will be sent to your doctor. Your doctor will share the test results with you.

### **Phone numbers**

**If you have any other questions or concerns prior to your MRI, please call the nurses office at (608) 262-5276**

**If you need to reschedule your appointment please call the scheduling line at (608) 263-9729**

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 10/17 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#7670