

## MRI of the Prostate

Your doctor has asked that you have a magnetic resonance imaging (MRI) exam of your pelvis. MRI uses powerful magnets and radio waves to create the pictures. 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 problems.

### Before the MRI

- Do not eat for 6 hours before your MRI.
- Do not drink caffeine 6 hours before your MRI.
- Remove all piercings before MRI.
- **Tell the MRI staff if you have any allergies to medicines 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 drive you home.
- If you have had an endoscopy or a colonoscopy in the last 8 weeks, please call the MRI nurses office at **(608) 262-5276**.

### Day of Test

- Plan to arrive 30 minutes before your MRI. We will need to get your health history. Please bring cards for any implants in your body.
- Remove any metal items such as a watch, piercing, hairpins, jewelry and coins. You may not bring anything into the room with the MRI machine.
- Leave valuable items at home.
- Do not wear any clothing that has metal buttons, zippers, or pockets, such as jeans. **Hospital gowns are available, but you may bring your own clothes.**
- An intravenous line (IV) will be started. During the test we will use this IV to inject contrast medicine. This medicine is used to highlight blood vessels.

### During the Test

- MRI is a long tube-like machine that is open on both ends. Before we place you on the narrow-padded table, a small coil will be placed on top your abdomen. This coil helps improve the quality of the images.
- You will lay on your back. The coil will lay on top of your clothes and will stay in place for 45 minutes while the images are being made. We will make you as comfortable as we can.
- 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 any instructions you are given.

- The staff will not stay with you in the room. You will be able to hear them 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 something during the exam.
- At different times during the test you will be asked to hold your breath for about 15 to 20 seconds.
- You will receive an injection of medicine during the test to help prevent motion of your rectum.
- 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 staff will take out your IV.
- Drink plenty of fluids after your exam.
- If you are a diabetic or have any other health issues that you need to eat at a certain time please bring a snack to eat afterwards.
- 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.

### **Who to Call**

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

If you need to reschedule your test, 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 © 2/2024 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#7670