

## MR Enterography Patient Instructions

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WEEKS or DAYS before your appointment:  
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- **Preparation:** You must follow ALL INSTRUCTIONS in this letter. Your doctor has been notified about your appointment.
- **Take your weight:** Contact Diagnostic Imaging at the number provided above if your weight is over 400lbs.
- **Arrange childcare:** For safety reasons, children cannot accompany you in procedure rooms and cannot be left unattended.
- **Arrange a support person:** An adult support person is welcome to accompany you to your appointment.
- **Consult your primary care provider:** If you're claustrophobic or require a sedative (Ativan), consult with your doctor before proceeding with your appointment.
- **Know if you're pregnant:** If you're pregnant, consult with your doctor before proceeding with your appointment.
- **Remove your continuous glucose monitoring device (CGMD):** If you have a CGMD or insulin pump, it must be removed before your appointment. [www.ipumpit.ca](http://www.ipumpit.ca)

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HOURS before your appointment:  
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- Continue to take prescribed medication with a sip of water, as directed by your doctor.

### Adults (18 years and older)

#### 6 Hours Before

- Stop all food and drink. DO NOT eat or drink anything.

### Children (17 years and younger)

#### 4 Hours Before

- Stop all food and drink. DO NOT eat or drink anything.

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BRING to your appointment:  
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- Any medication you may need during your appointment.
- Healthcare card.
- Picture identification.
- Eyeglasses, hearing aid(s), and mobility aid/device.
- Patients with diabetes - insulin and glucometer
- Green sleeve that includes your Goals of Care (GOC) Designation Order form if you have one.

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DO NOT bring:  
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- Leave valuables at home, including jewelry or piercings.
- Limit the number of items you bring to your appointment.

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AT your appointment:

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- **Consent is required:** A legal representative (parent or alternate decision maker) must be available (in person or by telephone) to provide consent for all patients under the age of 18, or any patients that do not have the capacity to make health care decisions.
  - You will be provided with a hospital gown to change into.
  - You will be asked to remove all metal items including pins, hairpieces, jewelry, make-up, prosthesis, wallets, and phones.
  - You will be given contrast; this will help make parts of your body more visible in images.
    - You will have an intravenous (IV) line placed in your arm, which will be used to inject contrast.
    - You will be given oral contrast to drink over 1 hour.
  - Your appointment may take up to 3 hours.

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AFTER the appointment:

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- Drink lots of fluids after your appointment to help flush the contrast out of your body.
- You may NOT be able to return to your normal activities for several hours after your appointment. The oral contrast can cause you to have frequent bowel movements.