



Department of Radiology

Tel: (415) 476-2590 Fax: (415) 514-4451

Dear Patient:

LIST OF CONTRAINDICATIONS (reasons why you may not be able to have the MRI exam)

If you have any of the following conditions, you may not be able to undergo all or part of the MRI exam, otherwise the quality of your data may be compromised.

1. *Prostate Biopsy (within 8 weeks) or continued post-biopsy urinary or rectal bleeding.
2. Any other metallic implant/injury or foreign object in body. Please notify us prior to your appointment.

PATIENT PREPARATION

1. Please eat a light diet the evening before your prostate MRI exam. This means avoid bulky foods or processed (fast food) that cause digestive disturbances. Poultry and/or fish is ok.
2. You may have a light breakfast or lunch but try to avoid eating at least 3 hours prior your MRI/MRSI exam, and no tea or coffee as this increases urination and may add to the discomfort of lying still during the exam for an hour or longer without a bathroom break.
3. **Do a Fleets enema 1-3 hours prior to the MRI exam. This is mandatory since stool in the rectum will interfere with the endorectal probe.** A Fleets enema is available over the counter at most drug stores or pharmacies.
4. Arrive 60 minutes before the time of your appointment to provide yourself time to complete the MRI screening form, read and sign consent form, change and prepare for the exam.
5. If you are claustrophobic and require sedation, please bring the sedation with you. We suggest that sedatives be taken about 1/2 hour before the start of the examination, or as prescribed by your physician. You will also need to have someone accompany you so that you will be properly escorted upon leaving our imaging center due to the side effects caused when using a sedative.
6. **For exams that include contrast:** For some patients a creatinine blood test may be required within 6 weeks before the scheduled MRI. Creatinine blood tests are available on the day of the appointment at our imaging center if necessary. More information regarding which patients may require this lab test can be found here: <http://www.radiology.ucsf.edu/patient-care/patient-safety/contrast/gadolinium-policy#creatinine>

PATIENT PROCEDURES

For patients receiving contrast, an i.v. (intravenous) line will be placed in the arm. **For all patients**, the patient will then be instructed to lie down on the MRI bed and turn on their side with their back to the nurse. The nurse will complete a brief digital exam to assess the patient's rectum area for safe probe insertion and then insert the endorectal probe, which is lubricated with KY gel. The patient will turn onto their back, which is the final position for the exam, given earphones or earplugs to help block out noise from the scanner, and then moved into the MRI tube.

In order to get the best images and data, the patient needs to remain motionless and relaxed during the entire examination, which may last up to 60 minutes. During the course of the MRI exam there will occur intermittent short "pauses" to communicate with the technologists, if necessary.

EXAM RESULTS

To obtain a copy of your exam results, please contact us at (415) 353-9498.

If you need to **cancel or reschedule** an appointment, please call patient scheduling at (415) 353-2573.