

# MRI: Defecography Scan

## *How to prepare and what to expect*

*This handout explains how to prepare and what to expect when having an MRI defecography scan.*

## What is an MRI scan?

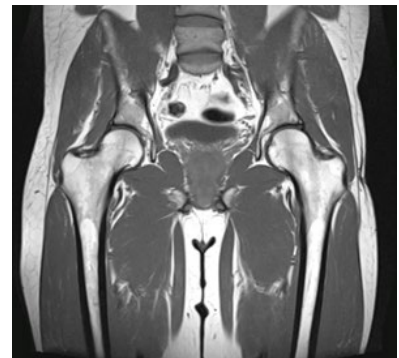
MRI stands for *magnetic resonance imaging*. MRI uses a powerful magnetic field, radio frequency pulses, and a computer to take detailed pictures of organs, soft tissues (muscles and nerves), bones, and other internal body parts. This scan will help your healthcare provider decide which treatment is best for you. An MRI *defecography* scan helps us see how well your pelvic muscles are working. These muscles control bowel movements and other functions. This scan can help us learn the cause of your symptoms.

## MRI Screening

Because the strong MRI magnet will pull on certain metals or implants, we need to know if you have any metal on or in your body. We also need to know certain things about your health.

To keep you safe and to prevent a delay or cancellation of your exam, it is important to tell your team coordinator and MRI department if you have **any** of the following:

- Pacemaker or defibrillator
- Cerebral (brain) aneurysm clip
- Cochlear or ear implant
- Orthopedic hardware or metal in the area we are scanning
- Implanted or external drug pump (including chemotherapy)
- Breast tissue expander
- Bullet or shrapnel in your body
- Neurostimulator
- Dialysis or renal failure
- Allergy to gadolinium
- Continuous glucose monitor (CGM)
- Medication patches
- Penile implant
- Programmable shunt
- Tattoos placed within 2 weeks of your MRI appointment



***MRI images of the pelvis***



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of this handout.

## How do I prepare?

- Please talk with your referring provider if you have any concerns about managing pain or anxiety during your MRI scan.
- Tell your provider if you are pregnant, or if there is any chance you could be pregnant.

**If your scan is in the morning:** The evening before your scan, have a light dinner, such as eggs or a sandwich. Do **not** eat breakfast on the morning of your scan.

**If your scan is in the afternoon:** On the morning of your scan, have a light breakfast, such as an egg and toast, or cereal. Do **not** eat lunch.

## On the Day of Your Scan

- Starting **6 hours** before your scan time:
  - Do **not** eat any solid food.
  - It is OK to drink liquids that do not contain caffeine, milk, or chocolate up to 1 hour before your scan.
- Starting **1 hour** before your scan time:
  - Do **not** eat or drink anything.
- You will need to hold urine in your bladder for 30 minutes before your scan.

## What happens during your MRI appointment?

### Before Your Scan

- You will fill out an “MRI Patient Screening Form.” This form asks questions about your health and medical devices.
- We will give you a hospital gown and pants to change into.
- You must remove jewelry and metal hair products.
- You will lie on a sliding table. The technologist will help you get into position.
- The technologist will insert a *catheter* (thin, plastic tube) into your rectum and inflate a small balloon at the end of the catheter. The balloon will hold the catheter in place.
- Imaging gel will be injected through the catheter into your rectum. The gel will put pressure on your body parts in that area, and that will make different tissues show up better on the MRI.
- The technologist will then remove the catheter from your rectum.
- *For women and people assigned female at birth:* A 2<sup>nd</sup> catheter will be inserted into your vagina and then we will inflate a small balloon at the end of it. A small amount of gel will be injected through the 2<sup>nd</sup> catheter into your vagina. The technologist will then remove this catheter from your vagina.
- Tell the technologist if the catheter(s) cause pain or discomfort

## After the Injection

- You will need to wear a diaper during the scan to catch any gel that leaks out. The technologist will help you put it on.
- The technologist will slide the table inside the MRI unit and then leave the room to take the MRI pictures.
- You will be able to talk with the technologist at any time through an intercom. The technologist will also give you instructions through the intercom.
- The scan usually takes 30 to 45 minutes.
- You may feel warmth in the area where the images are taken. This is normal. If it bothers you, please tell the MRI technologist.
- You will hear loud tapping or knocking noises during the scan. We will provide earplugs and headphones with music to help block some of these sounds.

## Who interprets the results and how do I get them?

- An MRI radiologist will review and interpret your MRI images. This radiologist will not talk with you about the results, but they will send a report to your primary care or referring provider. This provider will give you the results.
- You and your provider will then decide on the next step, such as treatment for a problem, as needed.
- You may also read your results on your MyChart page.

### Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

- Harborview Imaging Services: 206.744.3105
- FHCC Imaging Services: 206.606.1434
- UWMC - Montlake Imaging Services: 206.598.5800
- UWMC - Northwest Imaging Services: 206.598.5800