

# MRI Patient Information/Preparation

## **APPOINTMENT LOCATION:**

St. Michael's Hospital, 30 Bond Street Toronto, ON M5B 1W8

- ▶ Enter from Queen Street
- ▶ Check in at B2 (basement level 2) Cardinal Carter Wing MRI Reception Desk, **30 minutes prior to your appointment time. Patients coming for Enterography should arrive 75 minutes prior to your appointment time.**
- ▶ Please ensure you bring your Ontario Health (OHIP) Card or other health insurance
- ▶ Please leave valuables at home. You will be required to remove all metallic items, such as insulin monitors, piercings, jewelry, hair accessories
- ▶ To comply with infection control and safety standards you will be required to change into a hospital gown

## **BREAST MRI**

Preparation: No preparation required

Food & Drink: Eat and drink normally

Medications: **Do not stop taking any medication**

MRI Information: You will be required to lie on your stomach  
MRI contrast will be injected intravenously, and is required for your exam

## **CARDIAC MRI**

Preparation: Recent creatinine level (bloodwork) needs to be done **60 days or less** prior to the MRI. The MRI may be cancelled if results are not received before the appointment. Fax results to 416-864-5820.

If your appointment notification includes a requisition for bloodwork, this needs to be done within 24 hours, after the MRI. The blood test may be done at St. Michael's hospital or at your local blood lab

Food & Drink: Eat and drink normally

Medications: **Do not stop taking any medication**

## **CARDIAC STRESS PERFUSION MRI**

You are going to have a test to see how well blood flows through your heart muscle. This test is being done to see how your heart muscle performs under exercise conditions. You need to be correctly prepared for this test. It is important to stop taking certain medications before your test. They may cause a false result in your test.

Preparation:

### **DO NOT take:**

- Beta-blocker or calcium-channel blocker tablets (**see the table below**) for 24 hours before the test

Beta-Blockers/ ( $\beta$ -Blockers)		Calcium-Channel Blockers
Acebutolol: (Monitan, Rhotral, Sectral)	Nadolol: (Corgard)	Amlodipine: (Norvasc)
Atenolol: (Tenormin)	Oxprenolol: (Trasicor)	Diltiazam: (Cardizem CD/SR)
Bisoprolol: (Monacor)	Pindolol: (Visken)	Felodipine: (Plendil, Renedil)
Carvedilol: (Coreg)	Propranolol: (Inderal)	Nifedipine: (Adalat XL)
Labetolol: (Normodyne)	Sotalol: (Sotacor)	Verapamil: (Isoptin SR)
Metoprolol: (Lopressor, Toprol XL, Lopressor SR)	Timolol: (Blocadren)	

### **DO NOT take:**

- Caffeine or products that contain caffeine for the whole day before the test and the day of the test before you come for your scan.
- Even if something is called 'decaf' or 'decaffeinated', it still may contain some caffeine in it
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## **CARDIAC STRESS PERFUSION MRI CONTINUED**

### **DO NOT take:**

- Medications containing Caffeine or Theophylline (eg. Tylenol, Anacin etc.)

- Cough and cold medicines
- Chocolate
- Coffee
- Tea
- Drinking chocolate
- Drinks with chocolate flavour (eg. Chocolate Milk)
- Soft drinks containing Caffeine (eg. Coca-Cola, Pepsi)
- Decaffeinated Coffee
- Decaffeinated Tea
- Decaffeinated Soft Drinks (eg. Diet Coke, Diet Pepsi)
- Food containing Chocolate, Tea or Coffee (eg. Chocolate Cake, Coffee Sweets)
- Caffeine tablets (eg. for long distance driving)
- Diet Pills (many contain Caffeine)
- Energy Drinks (eg. Red Bull, Monster, Burn, Rockstar, etc.)

Food & Drink: Only drink **water** for the entire day before the test and also on the day of the test before you come for your scan

If you do eat or drink an item from the list above or think you may have taken something that has caffeine, coffee, tea or chocolate, or if you are unsure about which medications to stop, call us at 416 864 6060 and ask for the Cardiovascular Imaging Fellow in Medical Imaging

## **ENTEROGRAPHY MRI**

Preparation: A **fleet enema** must be done (kits purchased at any pharmacy) the night before the appointment

Food & Drink: Nothing solid to eat for 6 hours prior to appointment time. Sips of water are allowed

Medications: **Do not stop taking any medication**

Procedure: You will be required to drink 1.5 litres of a Sorbitol/water mixture  
You will be positioned in the MRI scanner lying on your stomach (if possible)  
An MRI contrast, and Buscopan (medication) will be injected intravenously  
The scan will take approximately 30 minutes (inside the MRI scanner)

## **DEFECOGRAM MRI**

Preparation: A **fleet enema** must be done (kits purchased at any pharmacy) the morning of the appointment  
Empty your bladder as soon as you arrive in the MRI department, but not again until after your exam has been completed

Food & Drink: Eat and drink normally

Medications: **Do not stop taking any medication**

## **PROSTATE MRI**

Preparation: A **fleet enema** must be done (kits purchased at any pharmacy) the night before the appointment

Food & Drink: Nothing to eat or drink 4-6 hours prior to MRI procedure

Medications: **Do not stop taking any medication**

## **PELVIS MRI**

Preparation: A **fleet enema** must be done (kits purchased at any pharmacy) the night before the appointment. Fleet enemas are required for certain types of pelvic MRIs. If your appointment notification does not indicate a fleet enema, this is not required for your exam.

Food & Drink: Nothing to eat or drink 4-5 hours prior to MRI procedure

Medications: **Do not stop taking any medication**

## **ABDOMEN / ABDOMEN AND PELVIS / PELVIS MRI**

Food & Drink: Nothing to eat or drink 4-5 hours prior to MRI procedure

Medications: **Do not stop taking any medication**

## **MRI EXAMS NOT LISTED DO NOT REQUIRE PREPARATION**

Food & Drink: Eat and drink normally

Medications: **Do not stop taking any medication**