

INFORMATION FOR PATIENTS

MRI small bowel meal

Please arrive at the appointment time on your letter – ignore any later times on any text message relating to this appointment.

Preparing for the scan

Have nothing to eat for six hours before the examination. You may drink clear fluids during this time (e.g. water and cordial **NO** milk or pure fruit juice).

Before the examination we will ask you to drink an oral preparation (dilute Mannitol) which is 1.5 litres of clear fluid over a period of 45 to 60 minutes which will show the bowel on the scan.

We will need to give you an injection of contrast media (dye) and Buscopan (smooth muscle relaxant) during the scan through a cannula in your arm.

You will be in the department for two to three hours.

What is Mannitol?

Mannitol is a sugar-based drink which allows us to get good pictures of your bowel. This then helps us when reporting any findings to your doctor. Mannitol may have mild side effects which include:

- Diarrhoea for a few hours after the scan.
- Bloating (abdominal spasm).
- Flatulence.
- Vomiting.

You will need easy access to a toilet once you have taken the Mannitol solution. Please remember this when planning your activities after the scan.

Please also remember to drink plenty of fluid to avoid dehydration, particularly after your scan.

If you wear a stoma bag, we recommend that you bring a spare bag and change of clothes to your appointment. There will be time and facilities to empty your stoma bag before you drink Mannitol solution and have your MRI scan.

Mannitol has been authorised for off label use (as an oral contrast medium) by the Trust's Drug and Therapeutics Committee. Off label means that the medicines are being used in a way that is different to that described in the license. In the case of mannitol, it is being used orally rather than intravenously.

Some examples of off label use:

- Using a medicine for an illness to that stated in the license.
- Using a medicine at a higher dose than stated in the license.
- Using a medicine in an age group outside the licensed range e.g. in children.

Important

Enclosed with your appointment letter is an MRI safety questionnaire. Please fill this in as soon as possible when you receive this letter and if you answer 'yes' to any of the questions please telephone the department as soon as possible on 01623 622515, extension 6190. Failure to do so may mean that your scan is delayed or cancelled when you attend.

If you are unable to attend this appointment, please let us know as soon as possible so that we can book another patient into this appointment time.

Arrival

Upon your arrival, please follow the signs to the MRI department and report to the MRI reception. This is in the original building, **not** the Kings Treatment Centre (KTC). It is a long walk to MRI, if you need the buggy please ask at main reception.

If your condition means you require hospital transport please contact your GP as soon as possible, who will check your eligibility and decide if appropriate.

Please bring this leaflet with you when you attend.

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service:

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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