



## MRI 排糞造影

### 預期步驟以及如何做準備

本手冊解釋進行 MRI 排糞造影檢查的預期步驟。

### 什麼是 MRI?

MRI (磁力共振造影) 是一種掃描, 它能夠提供清晰精細的人體器官和組織的圖像。

### 什麼是 MRI 排糞造影?

MRI 排糞造影可以幫助我們看清楚你的盆骨中肌肉的工作情況如何。這些肌肉負責控制腸道運動及其他功能。此項掃描可以幫助我們查清楚你的症狀的原因。

### 此項檢查的工作原理?

MRI 不使用 X 射線和其他造影技術所用的輻射。相反, MRI 使用無線電波和強磁場來產生清晰的圖像。使用 MRI, 即使人體某個器官內不同類型的組織都能很容易看清楚。

在大多數 MRI 掃描中, 我們拍攝 2 組或更多組的圖像。每組需時 2 至 15 分鐘。每組圖像顯示身體某部位的一個橫斷面。

### 如何為此項檢查做準備?

- 如果你患有任何肝臟或腎臟疾病、需要肝臟或腎臟移植, 或者如果你目前洗腎治療, 請告訴我們。
- 因為使用強磁場, MRI 將會吸引體內任何鐵磁金屬物體, 例如鐵。這會導致身體內部傷害, 並會使圖像變形。

如果你的體內有以下物體或以下情況, 請告訴 MRI 醫護人員:

- 動脈瘤夾、心臟起搏器 (或人造心臟瓣膜)、植入的靜脈輸液港、輸液導管 (有品牌名, 例如 PORT-O-CATH、InfusaPort 或 LifePort 等)、宮內避孕器 (IUD)、任何金屬片、金屬夾、金屬針、金屬螺絲, 或手術縫合釘、修復性髖關節, 或體內任何植入的金屬物體
- 刺青或永久性紋眼線



MRI 掃描儀使用無線電波和強磁場來產生清晰的圖像。

- 藥貼
  - 體內有子彈或彈片
  - 曾用金屬工作
  - 接受過任何手術
- **對於女士：**如果你已懷孕或可能懷孕了，請告訴醫護人員。
  - 在大多數情況下，手術縫合釘、金屬夾、金屬片、金屬針以及螺絲等，如果置入體內超過 4 至 6 周，在做 MRI 時是沒有危險的。如果你體內有任何金屬碎片，我們會為你做 X 光來檢查這些碎片。
  - 檢查前，取下會影響 MRI 圖像的任何物件。這些物件包括髮夾、首飾、眼鏡、助聽器，以及任何活動假牙和牙套等。

## 預期步驟？

### 掃描前

- 你在掃描前 30 分鐘不能小便。
- 醫生會向你介紹此項掃描並回答你的問題。
- 在大多數情況下，不需要使用靜脈 (IV) 導管。此項掃描不使用顯影劑。（顯影劑是一種染色劑，有時用於造影。）
- 你可能需要步行去另一個病區，在那裏做 MRI 掃描。步行到那裏需要 2 到 3 分鐘。

### 在掃描過程中

- 你將要以右臥姿勢躺在一張滑動枱上。

### 女士：

- 醫生將一根導管（細小的塑膠管）插進你的直腸，然後將導管末端的小氣球充氣。小氣球膨脹後將導管固定在位置上。
- 然後，醫生將約 200 毫升（不到一杯）的凝膠注入你的直腸內。凝膠將對直腸內的各個部位施加壓力，從而使不同組織在 MRI 上更清晰地顯示出來。
- 檢查完成後，醫生將導管從你的直腸中拔出來。
- 醫生將第二條導管插入你的陰道，然後向導管末端的小氣球充氣。

- 然後將小量凝膠（約 30 毫升，或 1 盎司）透過這第二條導管注入你的陰道內。
- 檢查完成後，醫生將導管從你的陰道中拔出來。
- 當將導管插入你的陰道和直腸時，你可能會感到有些疼痛或不適。如果你感到不適，請告訴醫生。

### **男士：**

- 醫生將一根導管（細小的塑膠管）插進你的直腸，然後將導管末端的小氣球充氣。小氣球膨脹後將導管固定在位置上。
- 然後，醫生將約 200 毫升（不到一杯）的凝膠注入你的直腸內。凝膠將對直腸內的各個部位施加壓力，從而使不同組織在 MRI 上更清晰地顯示出來。
- 檢查完成後，醫生將導管從你的直腸中拔出來。
- 當將導管插入你的直腸時，你可能會感到有些疼痛或不適。如果你感到不適，請告訴醫生。

### **注射凝膠後**

- 在檢查過程中，你需要穿上一條尿布以接住漏出來的凝膠。放射師將幫你穿上尿布。
- 將你移離 MRI 掃描室後，放射師將離開房間並拍攝 MRI 圖像。
- 你任何時候都可以透過一個對講機與放射師談話。放射師也會透過對講機給你發出指示。
- 此項掃描通常需時 30 至 60 分鐘，這取決於需要拍攝多少張圖像而定。如果要進行非常詳細的研究，則需要更長時間。
- 在拍攝圖像時，你需要保持不動。
- 如果是在另一個病區做 MRI，你需要步行回到放射科。你需要穿著尿布走回來，因為凝膠會滲漏出來。我們將給你一件醫院的袍子和褲子穿上。

### **進行 MRI 檢查時我會有什麼感覺？**

- MRI 不會引起疼痛。
- MRI 掃描是在一個密封的裝置內進行。有些病人可能有被禁錮或不舒服的感覺（幽閉恐怖症）。如果你患有幽閉恐怖症，請告訴轉介你做 MRI 檢查的醫生。醫生會開一些藥給你，幫助你在檢查過程中放鬆。
- 你可能會注意到被檢查部位有一種溫暖的感覺。這是正常的，但是如果這種感覺困擾你，請告訴 MRI 放射師。

- 在掃描過程中，你會聽到很響的拍打或敲擊噪音。我們會向你提供耳塞或播放音樂，以擋住部分噪音。

## 誰負責解釋檢查結果，以及我怎樣獲得結果？

一名 MRI 專業放射師將審閱並解釋你的 MRI 圖像。放射師不會和你討論這些結果，但是會將一份報告寄給你的家庭醫生或轉介醫生。該醫生會將檢查結果給你。

### 有任何問題嗎？

你的問題非常重要。如果你有任何問題或憂慮，請致電你的醫生或醫療提供機構。

造影服務部：206-598-6200

## **MRI Defecography**

### *What to expect and how to prepare*

*This handout explains what to expect when having an MRI defecography exam.*

### **What is MRI?**

*Magnetic resonance imaging (MRI) is a scan that provides clear and detailed pictures of the body's organs and tissues.*

### **What is an MRI defecography?**

An MRI defecography helps us see how well the muscles in your pelvis are working. These muscles control bowel movements and other functions. This scan can help us understand the cause of your symptoms.

### **How does the exam work?**

MRI does not use radiation like X-rays and other imaging techniques do. Instead, MRI uses radio waves and a strong magnetic field to create sharp pictures. Even different types of tissue in the same organ can be easily seen with MRI.

In most MRI scans, we take 2 or more sets of pictures. Each set takes 2 to 15 minutes. Each one shows a cross-section of the body part.



*An MRI scanner uses radio waves and a strong magnetic field to create sharp images.*

### **How should I prepare for the exam?**

- Please tell us if you have any problems with your liver or kidneys, need a liver or kidney transplant, or if you are on dialysis.
- Because it uses a strong magnetic field used, MRI will pull on any *ferromagnetic* metal object, such as iron, in the body. This can cause injury in the body and can distort the image.

Tell the MRI staff if you have:

- Aneurysm clips, a heart pacemaker (or artificial heart valve), an implanted port, an infusion catheter (with brand names such as

PORT-O-CATH, Infusaport, or LifePort), an intrauterine device (IUD), any metal plates, clips, pins, screws, or surgical staples, a prosthetic hip, or any implanted metal object in your body

- Tattoos or permanent eyeliner
  - Medicine patches
  - A bullet or shrapnel in your body
  - Ever worked with metal
  - Had any surgeries
- **For women:** Tell staff if you are or may be pregnant.
  - Most times, surgical staples, clips, plates, pins, and screws are not a risk during MRI if they have been in place for more than 4 to 6 weeks. If there is any question about metal fragments in your body, we may do an X-ray to check for them.
  - Remove any items that might affect MRI pictures. These include hairpins, jewelry, glasses, hearing aids, and any removable dental work.

## **What should I expect?**

### **Before Your Scan**

- You will need to hold urine in your bladder for 30 minutes before your scan.
- Your doctor will talk with you about the scan and answer your questions.
- Most times, no *intravenous* (IV) line is needed. No *contrast* is used for this scan. (Contrast is a dye that is sometimes used in imaging.)
- You may need to walk to a different area where your MRI scan will be done. This walk will take 2 or 3 minutes.

### **During the Procedure**

- You will lie on your right side on a sliding table.

### **Females:**

- Your doctor 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.
- Your doctor will then inject about 200 mL (less than 1 cup) of gel 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 doctor will then remove the catheter from your rectum.

- The doctor will insert a second catheter into your vagina, and then inflate a small balloon at the end of it.
- A small amount of gel (about 30 mL, or 1 oz) will be injected through this second catheter into your vagina.
- The doctor will remove the second catheter from your vagina.
- You may feel some pain or discomfort when the catheters are inserted into your vagina and rectum. Tell your doctor if you are having discomfort.

***Males:***

- Your doctor 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.
- Your doctor will then inject about 200 mL (less than 1 cup) of gel 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 doctor will then remove the catheter from your rectum.
- You may feel some pain or discomfort during the insertion in your rectum. Tell your doctor if you are having discomfort.

**After the Injection**

- You will need to wear a diaper during the exam to catch any gel that leaks out. The technologist will help you put it on.
- After moving you inside the MRI unit, the technologist will leave the room and 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.
- Based on how many pictures are needed, the scan usually takes 30 to 60 minutes. A very detailed study may take longer.
- You will need to hold very still while the pictures are being taken.
- If your MRI was done in a different area, you will need to walk back to Radiology. You will need to keep the diaper on because the gel will leak out. We will give you a hospital gown and pants to wear.

**What will I feel during the MRI?**

- MRI is not painful.
- MRI is done in an enclosed unit. Some patients may feel confined or uneasy (*claustrophobic*). Please tell the doctor who referred you for the

MRI if you are claustrophobic. Your doctor may give you medicine that will help you relax during your exam.

- You may notice a warm feeling in the area where the pictures 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 or music to listen to through headphones to block some of these sounds.

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

A radiologist skilled in MRI will review and interpret your MRI images. The radiologist will not talk with you about the results, but will send a report to your primary care or referring doctor. This doctor will give you the results.

### **Questions?**

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

Imaging Services:  
206-598-6200