

## **MRI: Prostate Scan**

### *How to prepare and what to expect*

*This handout explains how an MRI scan of the prostate works, how it is done, how to prepare for it, what to expect, and how to get your results.*

### **What is MRI?**

*Magnetic resonance imaging (MRI) is a way to take pictures of your internal organs and tissues. It uses radio waves and strong magnets to provide clear and detailed pictures. Even different types of tissue within the same organ can easily be seen in an MRI picture.*

MRI will help your healthcare provider decide which treatment is best for your medical condition.

### **How does the scan work?**

An MRI scan usually involves taking 2 or more sets of pictures. Each set lasts 2 to 15 minutes and will show a different section of your prostate gland and the structures around it.

### **For Your Safety**

#### **Health Review**

We need to know about certain **health conditions** before giving you an MRI scan. Please tell us if you:

- Have any problems with your liver or kidneys
- Need a liver or kidney transplant
- Are on dialysis
- Have allergies to any drugs or contrast material
- Have had any surgeries
- Are taking anticoagulant (blood-thinning) drugs
- Have had an *anaphylactic* (allergic) reaction to latex compounds in the past



*An MRI image of the prostate gland and the tissues around it.*

There are **some conditions** (*contraindications*) that would prevent you from having a prostate MRI scan. These include rectal bleeding, anal fissures, anal structure, rectal surgery (end-to-end *anastomosis*), inflammatory bowel disease (ulcerative colitis/Crohn's disease), hip replacements, some penile implants, or large hemorrhoids.

## **Metal Review**

We also need to know if you have any **metal in or on your body** before we give you an MRI scan. The strong MRI magnets will pull on any *ferromagnetic* object, such as iron and some other metals.

If you have any metal on or in your body, an MRI can harm you. Even small amounts that will not harm your body can distort the MRI picture.

Please tell 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

*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 of metal fragments, an X-ray may be done to check for them.*

- Tattoos or permanent eyeliner
- Medicine patches
- A bullet or shrapnel in your body
- Ever worked with metal
- Tooth fillings or braces

Please also **remove any other items that might contain metal** and affect your MRI pictures. These include:

- Hairpins
- Jewelry
- Glasses, hearing aids, and any removable dental work

## **How should I prepare?**

### **At Home**

- **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:**

- Have a light breakfast (such as an egg and toast, or cereal) on the morning of your scan.
- Do **not** eat lunch.
- Take your regular medicines.
- **Use a Fleet enema to clean out your colon just before you leave your house to come to the hospital.** Follow the instructions on the box.

### **At the Hospital**

- You may need to sign a consent form.
- You will empty your bladder and bowel.
- Your doctor will give you a rectal exam.
- An *endorectal coil* (a flexible plastic tube) may be placed inside your rectum. Once it is inserted, a balloon is inflated to hold the coil in place during your scan.
- You may get a shot of glucagon in your arm, which will keep your bowels from moving. This will allow us to get the best possible pictures.

### **How is the scan done?**

- You will lie on a sliding table. The MRI technologist will help get you into position.
- A device called a *surface coil* will be placed on your pelvis, or an endorectal coil will be placed in your rectum.
- 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 scan usually takes 30 to 60 minutes. If your doctor has requested a very detailed study, it may take longer than 1 hour so that we can take more pictures.
- You will be asked to hold very still as each picture is taken.
- Sometimes, an injection of a *contrast* is used to make certain tissues or blood vessels easier to see. If you need the contrast for your scan:
  - Your doctor will talk with you about it before your scan.
  - You will receive the injection about halfway through the scan.
  - It will be injected through a small needle and an *intravenous* (IV) line in your arm or hand vein.

- After the scan, you will be asked to wait until the pictures are checked for quality. More pictures will be taken, if needed.
- When your scan is over, the endorectal coil will be removed.

### **What will I feel during the scan?**

- MRI does not cause pain.
- Some patients may feel confined or uneasy (*claustrophobic*) when they are inside the MRI unit. Please tell the doctor who referred you for the MRI if you are claustrophobic. You may receive medicine to help you relax.
- 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 headphones with music to help block some of these sounds.
- If a contrast injection is needed, you may feel discomfort or coolness at the injection site.

### **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 provider. Your own provider will give you the results.

You may also read your results on your eCare Results page. If you need copies of your images on disc, call 206.598.6206.

You and your provider will decide the next step, such as treatment for a problem, as needed.

#### **Questions?**

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

- UWMC Imaging Services: 206.598.6200
- Harborview Imaging Services: 206.744.3105