

MRI: Bladder Scan

How to prepare and what to expect

This handout explains what an MRI bladder scan is, how to prepare for your scan, what to expect during your appointment, and how to get your results.

What is an MRI scan?

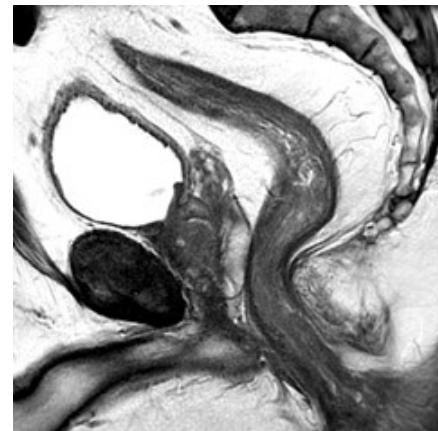
MRI stands for *magnetic resonance imaging*. MRI uses a powerful magnetic field, radio frequency pulses, and a computer to produce detailed pictures of organs, soft tissues (muscles and nerves), bones, and other internal body parts. MRI will help your healthcare provider decide which treatment is best for your health condition. A *bladder* MRI takes images of the bladder and surrounding anatomy.

MRI Screening

If you have any metal on or in your body, an MRI can harm you. The strong MRI magnet will pull on certain metals or implants. We also need to know certain things about your health.

To prevent a delay or cancellation of your exam, please 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



An MRI image of the pelvis area



*Scan for a digital copy
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.
- Your exam may require medication to slow the movement of your bowel. The medication will depend on your exam, health history, and whether you will be driving home after your scan.
- To maximize our medication options, ensure you do **not** operate a vehicle for four hours following your exam. Arranging for someone to drive you to and from your appointment, taking the bus, or walking are all acceptable forms of transportation.
- 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.

What happens during your MRI appointment?

Before Your Exam

- You will fill out an “MRI Patient Screening Form.” This form asks a series of 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 be asked to use the restroom 1 hour before your exam starts.
- We will give you water to drink 30 minutes before your exam starts. Water helps us see your bladder better.
- After you drink, do **not** use the restroom until the exam is done.
- You may receive medication to slow your bowel. Slowing down your bowel helps us get clearer pictures.

During Your Exam

- You will lie on a sliding table. The technologist will help you get into position and then leave the room to take the images.
- You will be able to talk with the technologist through an intercom.
- The scan usually takes 45 minutes.
- You may have an injection of contrast to make certain tissues or blood vessels easier to see. You may feel discomfort or coolness at the injection site.
- 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 give you 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