Magnetic Resonance Imaging (MRI) is a safe and painless way for your doctor to look at your abdomen and small intestines. The test uses radio waves and a magnetic field to take pictures. The pictures can help your doctor find out more about the problems you are having.

A special contrast medicine is used during the test to help the radiologist see your small intestines more closely. You will drink the oral contrast medicine before the MRI, as directed by the technologist, when you arrive for your test. You will also have an injection of IV contrast medicine during the test. Please tell us if you have an allergy to contrast medicines.

**Test locations**

This is a special test that can only be done at these locations:

- **Stoneridge Imaging Center** – Address is 4037 West Dublin-Granville Road, Dublin, OH 43017.
- **University Hospital** – Address is 410 West 10th Avenue, Columbus, OH 43210. Take the Doan Hall elevators to the 2nd floor. Go to radiology registration to the right of the elevators.
- **East Hospital** – Address is 181 Taylor Avenue, Columbus, OH 43203. Enter the main hospital entrance and stop at main registration on the 1st floor of the tower.

Please arrive on ___________________ (date) at __________ AM/PM for your appointment.

To reschedule this appointment, call 614-293-4333.

**For your health and safety**

If you have implants in your body, it may NOT be safe for you to have an MRI or you may need to take special precautions.

If you have any of the following and have never had an MRI at Ohio State University Wexner Medical Center, call 614-366-5534 to speak with a technologist who will review your information. Please call if you:

- Are or could be pregnant
- Weigh over 300 pounds
- Have a heart pacemaker
- Have any magnetic implants
- Have aneurysm clips
- Have a blood clot filter
- Have an implanted pump or stimulator
- Have a penile prosthesis
- Have an artificial heart valve
- Have a programmable VP or LP shunt valve
- Have a breast tissue expander
- Have metal shrapnel or metal fragments inside your body or eyes
- Have stents anywhere in your body
- Have a mediport that you would like us to access for IV contrast medicine

If we cannot identify the implants in your body, your test may be delayed, rescheduled or cancelled.

wexnermedical.osu.edu
Before the test

- **Eat a low fiber diet for 48 hours before your MRI.** Details of this diet are attached at the end of this handout. If you do not follow this diet, your test may not be done.
- **Do not have anything to eat or drink for 6 hours before your MRI** so your small intestines are empty.
- **If you take diabetes medicines,** talk with your doctor about how to control your blood sugar before the test. Tell the technologist the blood sugar medicines you take and when you last took them.
- **Bring your medicine list with you to the test.** Tell the doctor or technologist about the prescription and over the counter medicines you take, including herbals, vitamins and supplements, and if you have any medicine allergies.
- **If you wear any kind of medicine patch,** such as nicotine or nitroglycerin patch, it will need to be removed for this test. Bring a new patch to put on after your test.
- **If being in a closed space frightens you, talk to your doctor.** He or she may give you some medicine to bring with you to help you relax. If you take medicine to help you relax, you will need to have someone drive you home after the test.

The day of the test

- **Plan to arrive 1 hour before your appointment time.** There are many questions we need to ask before the test. The test will take about 2 hours.
- Please bring a photo ID and your medical insurance card. You will be asked to fill out a form for insurance and billing.
- You will fill out a form about your health history. **Please bring any surgery reports or cards for implants in your body. The technologist will copy this information for your health record.**
- While you are in the waiting room, you will be given an oral contrast medicine called Barium to drink about 40 minutes before the test starts. You may go to the bathroom at any time during the test preparation.
- You will be asked to change into hospital clothing. A locker is provided for your clothes and belongings. You will use the restroom one last time before the test.
- You will need to remove all metal items, such as a watch, hairpins, bra, jewelry, coins and piercings from your body. You may not bring anything with you into the test room, including your purse or keys.
- An intravenous line (IV) will be started. This will be used later in the test to inject the contrast medicine called Gadolinium. This medicine is used to highlight blood vessels.

During the test

An MRI is a long tube-like machine that is open on both ends. You will lay on a padded table in the middle of this machine. We will make your position as comfortable as we can. You will have headphones to listen to music during the test.

- You will lie on your back for the test and a coil (device) will be placed on your abdomen. The coil works like an antenna to help us get pictures. While the pictures are being taken, you will hear a sound like a drum beat.
• The technologist will not stay with you in the room. You will be able to hear and see the technologist through the intercom and window. He or she will take pictures and check on you during the test. Please let us know if you feel uncomfortable at any time.

• You will be given a ball in your hand to squeeze if you need the technologist during the exam.

• You will be asked to hold your breath for 15 to 20 seconds for pictures. This will happen at different times during the test.

• It is very important that you do not move while in the scanner and while holding your breath or the pictures will turn out blurry.

**After the test**

• After your MRI is complete and the technologist has removed your IV, you may go home. We encourage you to drink plenty of clear liquids, such as water, apple juice and Sprite to help clear your system of the contrast medicine. Eight, 8-ounce glasses of clear liquid would be a good amount.

• Your MRI will be read by a radiologist, and the result will be sent to your doctor. Your doctor will share your test results with you.

• If you have any problems or concerns after your test, please call your doctor.

**Eat a low fiber diet to prepare for your test**

**Eat less than 10 grams of fiber per day for 48 hours before your test.** This will help keep your stomach and intestines from becoming irritated.

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<thead>
<tr>
<th>Food Group</th>
<th>Foods Allowed</th>
<th>Foods to Avoid</th>
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</table>
| **Meats and other protein foods** | • Tender, well-cooked beef, lamb, veal, pork, poultry and fish  
• Eggs prepared any way except for fried  
• Smooth nut butters, such as peanut, almond, etc.  
• Tofu | • Fried meats, fish and eggs  
• Tough meats and meats with gristle  
• Sausage, bacon and hot dogs  
• Luncheon meats, such as bologna and salami  
• Nuts and seeds  
• Dried beans, peas, lentils and legumes  
• Sushi  
• Chunky nut butters |
| **Milk and dairy products** | • Milk, such as cow, butter, soy, rice and almond  
• Cottage cheese  
• Mild cheese  
• Sour cream  
• Yogurt without nuts, fruit, granola and mix-ins  
• Ice cream and sherbert | • Yogurt and ice cream with fruit, nuts, seeds, granola, dried fruits and mix-ins |
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| **Breads and grains** | • Breads and grains made with refined white flour, including rolls, pancakes, waffles, muffins and bagels  
• Plain crackers, such as saltines  
• Low fiber cereal, such as puffed rice, Cream of Wheat and Corn Flakes  
• Grits  
• White rice and pasta | • Whole grain breads and rolls, pancakes, waffles and crackers made with whole grains  
• Whole grain bran and high fiber cereal, such as Shredded Wheat, All-Bran, Raisin Bran, Fiber One, oatmeal and whole oats  
• Popcorn  
• Brown and wild rice  
• Whole wheat pasta  
• Quinoa, kasha and barley |
| **Vegetables**      | • Canned and well cooked vegetables without skin, seeds and hulls  
• Vegetables juices  
• Mashed potatoes | • All raw and undercooked vegetables  
• Alfalfa and bean sprouts  
• Cooked greens and spinach  
• High fiber vegetables, such as peas and corn  
• Gas-forming vegetables, including: beets, broccoli, Brussel sprouts, cabbage and sauerkraut, lima beans, mushrooms, okra, onions, parsnips and peppers |
| **Fruits**          | • Canned, soft and well-cooked fruits without skin, seeds and membranes  
• Fruit juices without pulp  
• Ripe, peeled apricots and peaches  
• Ripe cantaloupe and honeydew  
• Applesauce | • Dried fruit  
• Fruit skin and seeds  
• Prune juice  
• Raw, unripe fruit  
• Berries  
• Fruit juice with pulp |
| **Fats**            | • Butter  
• Margarine  
• Oils  
• Cream  
• Cream cheese  
• Mild salad dressings without seeds  
• Mayonnaise | • Coconut  
• Avocado |

NIH: National Institute on Aging  
CDC: Centers for Disease Control and Prevention
### Food Group

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| **Desserts** | • Angel food and sponge cakes  
• Plain cakes with simple frostings  
• Plain cookies  
• Gelatin desserts without fruit  
• Plain puddings  
• Custard  
• Sugar  
• Syrup  
• Honey  
• Jelly  
• Molasses  
• Hard candy | • Desserts containing nuts, coconut, and fruits that are not allowed  
• Jams, preserves and marmalades  
• Candy with nuts, raisins and fruits |
| **Soups** | • Broth and strained soups made from allowed ingredients | • All other soups |
| **Beverages** | • Water  
• Milk, such as cow, butter, soy, rice and almond  
• Vegetable and fruit juices without pulp  
• Coffee and tea  
• Cocoa  
• Carbonated beverages | • All other beverages |
| **Miscellaneous** | • Cream sauces  
• Salt  
• Lemon juice | • Fried foods  
• Pickles  
• Olives  
• Relishes |

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**Talk to your doctor or health care team if you have any questions about your care.**

For more health information, go to [patienteducation.osumc.edu](http://patienteducation.osumc.edu) or contact the Library for Health Information at 614-293-3707 or health-info@osu.edu.

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