

# Prostate MRI

PATIENT INFORMATION SHEET MR04



## Your appointment:

Date: .....

Time: .....

Location: .....

Please see our website for more branch details.

### Patient preparation:

You will need to fast for four hours prior to your examination.

## What is an MRI scan?

Magnetic Resonance Imaging (MRI) is a method of imaging which utilises a strong magnetic field to generate images of any region of the human body. MRI does not use ionising radiation (x-rays).

## Prostate MRI and its uses

Prostate cancer is the most common cancer affecting males. Management decisions after diagnosis can potentially be improved with the information obtained with MR imaging. Prostate MRI can be performed to:

- › assess the prostate gland, particularly post digital rectal examination findings and/or blood test results
- › help evaluate the location, volume and grade of cancer when there is biopsy-proven disease, in order to assist in management decision making
- › identify local cancer recurrence after treatment
- › look for disease spread to lymph glands (nodes), bones and elsewhere.

## Patient preparation

We ask that you eat a light diet 24 hours before your prostate exam. This means avoiding heavy foods or highly spiced foods that can cause digestive disturbances.

No food for 4 hours before the exam. Fluids may continue to be taken.

We ask that you arrive 40 minutes before your examination to allow for the pre-scan procedure.

## Pre-scan procedure

### Safety questionnaire

Upon arrival, you will be asked to fill in the *MRI Safety Questionnaire*, to ensure it is safe for you to have the scan.

### Emptying of the bowel and bladder

Prostate MRI image quality is very dependent on patients having both an empty bowel and bladder before the examination is undertaken.

Our staff will ask you to empty your bowel and bladder, prior to commencing the examination.

If you are being scanned at one of our dedicated MRI prostate branches, a separate process prior to the examination to empty your bowel may be applicable. If this is the case, our staff will provide you with *Patient information sheet 04a* which explains this process.

## What will happen during the examination?

You will be asked to change into a gown and remove your watch and certain jewellery.

All valuables will be safely stored in a locker which is provided to you.

The radiographer will then position you on the MRI table (lying on your back).

MRI of the prostate requires the use of a contrast dye and also a muscle relaxant which stops the small bowel moving for approximately 15 minutes during which high resolution images of the prostate are captured.

These agents are administered via an intravenous cannula inserted into your arm.

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Once the cannula is in place the radiographer will place two RF coils (cameras) onto your abdomen and pelvis. To help acquire the images.

Towards the end of the examination the contrast dye will be administered. The total examination time is approximately 30 minutes.

Due to the noise of the MRI scanner during the imaging process, you will be given headphones to wear during the scan. You may bring a CD or alternatively you may listen to a radio station of your choice. You will also be given a call buzzer which may be used to gain the attention of the radiographer at any time during the scan.

## After the examination

Reporting for this specialised scan can take up to 3-5 days, however please let us know if you are having a follow up appointment with your Specialist sooner.