

# Pelvic MRI for Endometriosis

## What is a Pelvic MRI?

Magnetic resonance imaging (MRI) uses a large magnet, radio waves and a computer to make clear and detailed pictures of the inside of the body. MRI is painless and does not use radiation.

## Why is a Pelvic MRI performed?

An MRI of the pelvis is performed to look at tissues inside the pelvic area. This area includes the bladder, colon, uterus, ovaries, vagina and fallopian tubes. The MRI images will assist in diagnosis, treatment and potential surgical planning.

## What should I do to prepare for a Pelvic MRI?

When the scheduler calls to make your appointment, be sure to tell them if you have any of the following:

- A pacemaker or artificial heart valve
- Metal plates, pins or implants
- Dental appliances, such as spacers or retainers
- Ear implants
- Electrical devices, such as vagal nerve stimulators or baclofen pumps

Bring all information you have about any medically implanted device to the MRI appointment.

Because the large magnet in an MRI draws metal to it, certain items cannot enter the MRI room. These include jewelry, keys, credit cards and electronics, magnetic eye liner, and certain medical implanted devices, such as shunts or pacemakers.

Wear undergarments that will hold a pad. You will receive a pad after the procedure. Undergarments are not provided.

Be ready to provide a urine sample for a urine pregnancy test before the MRI. It is best to arrive with a partially full bladder.

It is asked that patients not eat up to an hour prior to their arrival. There are no restrictions on drinking.

Please make arrangements for child care. For safety reasons, children are not allowed in the imaging suite. Child care is not provided. Caregivers are welcome to wait in the lobby.

## What to expect during a Pelvic MRI?

Because MRI uses a powerful magnet to create images, we must follow a strict safety process. To make sure you are safe, we will ask you to fill out a safety questionnaire that will identify any potential hazards.

You will be taken to the procedure room by a technologist and be asked to change into a gown, remove all jewelry and all of your clothing, including your bra and underwear. You will be provided with a hospital gown, socks, and a belongings bag. There will be an area to lock up personal belongings.

Next, you will have an appointment with our radiology nurse. If a pregnancy test is necessary, they will collect a urine sample. Then, they will take your weight, ask you some medical history questions, and start an IV for the MRI contrast injection. You will not receive the contrast solution through the IV until close to the end of the MRI.

The technologist will explain the exam. If you have any questions, the imaging technologist will answer them prior to starting the exam. The technologist will also use a hand-held metal detector prior to entering the MRI scan room.

### **For this 45-minute exam:**

An MRI looks like a plastic donut with a bed that slowly slides in and out. Once you enter the room, you will be given two syringes filled with ultrasound gel. The technologist will give you instructions on how to administer the gel and will step out of the room to give you privacy. You will insert the tip of one of the syringes into your vagina and press the plunger to dispense the gel. You will then remove that syringe. Repeat the steps with the second syringe, inserting the tip of this syringe into your rectum and dispensing the gel. We will ask you to dispense as much gel as you are able to tolerate. This gel is used to expand the vaginal canal and the rectum, which aids in viewing these areas and is beneficial for surgical planning.

After you are done placing the gel, you will squeeze a call button to alert the technologist that you are ready, and the technologist will come into the room to position you for the MRI.

The scanner makes loud thumping noises while it is taking pictures. It may sound like a shoe in the dryer or a loud beeping noise. You will be given earplugs and headphones and will be able to choose what type of music you would like to listen to during your exam.

Tubing will be connected to the IV that the nurse placed, so the technologist can administer the MRI contrast during the MRI. A MRI coil will be placed on top of your abdomen. This coil feels like a heavy blanket. The coil is used to transmit information to the imaging computer to create images.

The first 30 minutes of the exam involves the patient laying still while images are acquired. Towards the end of the exam, the patient will be given instructions for a series of breath holds for approximately 20 seconds each. The contrast will be administered via IV during the last 5 minutes of the exam.

### **After the procedure**

You will be taken to the restroom to clean yourself. Patients will be asked to wear a pad, which will be provided, to protect clothing from any residual leaking of gel.

If Valium or other stronger sedatives have been taken, another person should drive them home.

It is advised that patients drink extra fluids for 48 hours after the exam. This helps your kidneys flush out the MRI contrast given during the exam.

### **Receiving your MRI results**

Typically, results are released via the patient's MyChart and to the ordering provider the next business day.

If you would like a CD of the study, please call the film library at 832-822-1202. The Radiologist's report will also be included on the CD.