

## Preparing for your MRI Rectal Exam w & w/o contrast

- ✓ Nothing to eat after midnight the night before
- ✓ You may take any medications in the morning with a little bit of water
- ✓ Pick up an over-the-counter enema from your local pharmacy and do this prior to your arrival
- ✓ Plan to be here for approximately two hours from start to finish
- ✓ If you are anxious and/or claustrophobic, please make arrangements with your doctor for medication, and arrange for a family member or friend to drive you home after the exam