Your Child’s Magnetic Resonance Enterography (MRE): What to Expect

ORAL CONTRAST FOR MRE

- In order for a successful MRE exam, your child must drink an oral contrast. This is the most important step, and your child must finish all of the drink.
- If your child does not finish all of the contrast, the MRE may not work to help your doctor diagnose your child.
- Each patient’s individual weight determines the amount of oral contrast needed:

<table>
<thead>
<tr>
<th>Patient’s weight</th>
<th>Amount of drink necessary</th>
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<tr>
<td>≤ 50 lbs (≤ 0-25 kg)</td>
<td>24 ounces</td>
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<tr>
<td>51 lbs – 110 lbs (25-50 kg)</td>
<td>36 ounces</td>
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<tr>
<td>&gt; 110 lbs (&gt;50 kg)</td>
<td>48 ounces</td>
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The oral contrast drink consists of:

- 0.5 ounces (17 grams) of Miralax powder (oral contrast). Miralax is tasteless and will dissolve completely into liquid.
- Liquid (water or juice). Miralax can be mixed with any non-carbonated liquid. If there is a particular drink you prefer (eg, Gatorade, Crystal Light, flavored water, juice, etc) please bring at least 48 ounces with you to your exam. Water, apple juice and cranberry juice are available here for your child.

DAY OF YOUR CHILD’S MRE

- Please arrive at least 60 minutes before the time of your child’s exam.
- If your child has trouble drinking, arrive 90 minutes before the time of your exam to allow enough time to finish the drink.
- We will call to confirm your appointment and arrival time two days before your MRE.
- After your child has finished the contrast, an IV will be placed to give more contrast during the MRE.
- A numbing cream (EMLA) is available upon request for your child’s comfort. The topical cream is put on the skin about 30 minutes before the IV and helps numb the area of the skin where the IV will be placed. Please let your technologist know if you would like numbing cream for your child.

Continued on back
**DURING YOUR CHILD’S MRE**

- Music and DVDs are available for your child during his/her exam. You are welcome to bring your iPod/MP3 player if there are songs your child prefers.

- Your child will lay flat on his/her back on the MRE table during the exam.

- A plastic antenna called a “coil” will be placed on your child’s abdomen to take the images for the MRE exam.

- Your MRE technologist is able to hear and speak with your child throughout the entire exam. There is also a microphone and speakers located in the MRE so you are able to hear and speak with the technologist as well.

- Your child will be given a ball to keep in his/her hand during the exam. If your child has a problem or is uncomfortable and needs to stop, he/she can squeeze the ball to alert the technologists.

- When the IV contrast is given, some children experience a cool feeling or a metallic taste in their mouth. This is normal.

- For optimal images, the contrast should stay in your child’s system. Once your child begins drinking the contrast, it is best they not have a bowel movement until after the exam.

- Throughout the exam, your child will be asked several times to hold his/her breath. This will stop the abdomen from moving and will allow for better quality images.

- On average, it takes about 40 minutes to complete the MRE exam.

Please refer to our MRI preparation video at [www.massgeneralimaging.org/pediatric](http://www.massgeneralimaging.org/pediatric) to help your child prepare for the exam..