Preparation For

MRI Enterography

- Please inform staff if you have any heart problems, glaucoma or allergy to Buscopan
- Please follow the below low residue diet for 24hrs before your appointment
- Do not eat for 6hours before appointment (if diabetic 4hours) and have regular sips of water to stay hydrated.
- You will be drinking 1.5 litres of metamucil over an hour period prior to your scan.

Low Residue Diet:

Food Group	Allowed	Not Allowed
Carbohydrates	White rice, white spaghetti, white bread	Wholemeal bread or wholemeal products, cereals or muesli
Vegetables	None	All
Fruit	None	All
Dairy	Polyunsaturated margarine, skim milk (limited to 2 cups per day)	Whole milk/cream or foods made with them eg cheese, yoghurt
Protein	Lean meat or chicken, eggs, fish	Nuts, seeds, processed meat
Desserts	Jelly, junket, pancakes, pikelets, plain scones	Ice cream
Beverages	Water, tea, coffee, clear soup, strained fruit juice (no pulp), fruit flavoured cordial	Carbonated drinks, any drinks coloured red or purple
Miscellaneous	Honey, vegemite, mild herbs/spices	

Fluid intake: It is **extremely important** to drink at least 1-1½ litres of water each day. Adequate fluid intake decreases the discomfort often associated with this preparation.

Medication: It is **extremely important** to continue taking your prescribed medication.