

Magnetic Resonance Enterography (MRE)

What is an MRE?

The Magnetic Resonance Enterography (MRE) is an imaging test used to help make a diagnosis. It is used to evaluate some gastrointestinal (GI) disorders. These may include inflammatory bowel diseases such as Crohn's disease.

The MRE pictures will be taken in an MRI scanner. An MRI scanner is a machine that uses a large magnet, radio waves, and a computer to take pictures of areas inside of the body. It does not use radiation. There are no known harmful effects from having an MRI.



Special Preparation

Do not let your child eat or drink anything before the MRE. Use the guide below:

- ☐ Solid food. Stop 12 hours before the scan.
- ☐ Clear liquids. Stop 6 hours before the scan.

It is important that you follow these special instructions. If your child eats or drinks anything after the times listed above, **the scan cannot be done.**

Important information

- You will need to arrive **one hour** before your scheduled time. Your child will need to drink **Sorbitol, an oral** contrast, to get the images the doctor needs. The contrast helps the technologist see inside your child's body during the MRE. Sorbitol has no taste.
- Your child will have an IV for the scan. This will be used to give another contrast during the scan.
- Your child will need to hold their breath for a few seconds for some of the pictures.
- Your child will need to lie very still during the scan. If your child doesn't feel well on the day of the appointment, it may be hard to lie still. **If your child has a cold or is sick the day of the scan, please call:**
 - The Milwaukee campus MRI Department at 414-266-3180 o
 - New Berlin Imaging at (262) 432-7710.
 - Mequon Imaging at (262) 518-2662
- Plan to be at the hospital for 2 to 3 hours.

Please note:

- **If your child has diabetes or is taking medicine**, check with their doctor about these special instructions.

How the scan is done

- Your child will be given a gown or pajamas to wear into the scanner. Your child will be taken to the MRI scanner. The MRI scanner uses a magnet, so if your child is wearing any metal, it will need to be taken off. This includes things like, jewelry, earrings, and watches. Braces or fillings in teeth are not a problem.
- Your child will lie down on a special table. MRE patients are normally scanned lying on their stomachs. Your child will be able to watch a movie or listen to music during the scan. It is important for your child to lie very still during the scan.
- When your child is comfortable, the table will move slowly inside of the scanner. The technologist and nurse will be able to see your child on a TV camera. They will use a microphone to talk with your child.
- The MRI scanner is noisy. The technologist will watch your child during the scan.

During the scan:

- Another contrast will be given through an IV.
- A medicine called glucagon will also be given during the scan. It is used to keep your child's stomach muscles from moving as much as they normally do (peristalsis).

After the scan

- Your child can eat their normal diet as they feel up to it.
- **Sorbitol** is not absorbed. It will come out in your child's stool (poop). This may cause some cramping and diarrhea. Please keep this in mind when getting ready to travel home and for activity once at home.

Results:

- Most often, your doctor will get the results in 24 to 48 hours. It may take up to one week for the doctor to review the information. Your doctor will share the results with you.

For other health and wellness information, check out this resource:

<https://kidshealth.org/ChildrensWi/en/parents>

ALERT: Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.