



## MAGNETIC RESONANCE IMAGING (MRI) PATIENT EDUCATION

You are scheduled for a MRI of the Prostate on \_\_\_\_\_ at \_\_\_\_\_.

You are also scheduled for a MRI Guided Prostate Biopsy at \_\_\_\_\_ the same day.

Please report to 1C in Duchossois Center For Advanced Medicine (DCAM) 30 minutes before your appointment time to register for the treatment.

### ABOUT THE PROCEDURES

Your physician has ordered an exam called a MRI of the prostate. The purpose of this exam is to view the prostate, including the area around it. Your physician has also ordered a biopsy of your prostate using MRI guidance. The purpose of this biopsy is to obtain tissue samples from a specific location of the prostate. The tissue samples are then sent to the pathology lab for analysis.

### PREPARATION FOR THE PROCEDURES

#### Ten (10) Days Before Procedure

Do not take any aspirin or aspirin-like medications. See listing included in this packet.

#### The Day Before Procedure

1. You will have been prescribed four 500mg tablets of Cipro and four 200mg tablets of Vantin.
2. Have the prescriptions filled at a pharmacy.
3. The night before your exam, take one tablet of Cipro before going to bed.

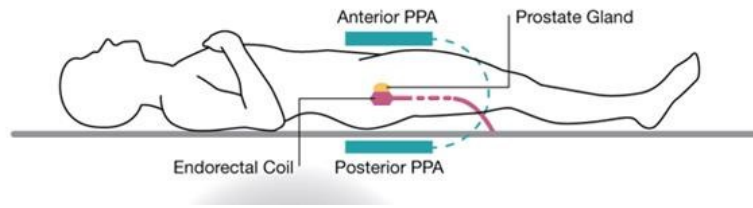
#### Day of Procedure

1. DO NOT eat solid foods 4 hours before your arrival time.
2. The morning of the exam, take one tablet of Cipro.
3. Take two tablets of Vantin two hours before your MRI Guided Prostate Biopsy appointment time.

### HOW IS THE MRI OF THE PROSTATE PERFORMED?

When you arrive in the MRI department, a technologist will confirm your identity and ask you questions about your medical history and ask you to fill out the MRI Safety Screening Form that is included in this packet. The technologist will ask you to change into a gown and ask you to remove all jewelry and metals, including removable dentures, and piercings. You will be provided a locker to secure your belongings. The technologist will start an intravenous line (IV) in your hand or arm and will offer the use of a restroom to empty your bladder.

To image the prostate, you will be asked to lie down on the MRI table and a special device called a coil will be inserted into the rectum directly under the prostate. You will feel mild discomfort (pressure) during the insertion, but should be comfortable during the exam. A balloon tip on the coil will be inflated to hold the coil in place.



You will be given ear plugs to help reduce the noise the MRI machine makes, a call button to communicate with the MRI technologist and positioned in the MRI machine to start the exam. The MRI technologist will be in constant contact with you during the exam. A series of images will be taken of the prostate and surrounding area. During the exam, the MRI machine is very loud. Contrast, which is a special MRI dye, will be given through the IV near the end of the exam. The exam takes about 60-90 minutes. After all of the images are acquired, the coil and IV will be removed. You will be helped up and shown to the restroom or to your dressing room to change back into your clothing.

### **AFTER THE MRI OF THE PROSTATE**

You will be released from the MRI department. **DO NOT** eat solid foods during this time. A radiologist will interpret the exam and plan the biopsy targets.

**Please report to TC100 in Bernard Mitchell Hospital (Mitchell) 30 minutes before your appointment time for the MRI Guided Prostate Biopsy.**

### **HOW IS THE MRI OF THE PROSTATE PERFORMED?**

For the biopsy, you will lie on your belly on a cushioned table in the MRI scanner. A MRI compatible needle sleeve will be gently placed 3 to 4 inches into the rectum to guide the biopsy needle into place. MR images will be used to change the orientation of the sleeve to best target the lesion in the prostate. After confirming the correct orientation with MRI, a needle will be placed through the sleeve and the radiologist will obtain several (samples) of prostate tissue from the suspicious area. MRI technology is used to precisely guide the biopsy needle and samples are taken from the target area. After all of the samples are acquired, the sleeve will be removed. You will be helped up and shown to the restroom or to your dressing room to change back into your clothing.

On average, an MRI guided prostate biopsy take 45 to 60 minutes. Biopsy samples are sent to a pathology lab for analysis. As with traditional biopsies, the test results are typically available a few days after the MRI biopsy is performed. The pathology findings provide the final confirmation of prostate cancer and help us identify both the volume of cancer and the level of risk (or aggressiveness) the cancer presents.

### **AFTER THE EXAM**

Please be sure to take the final doses of the antibiotics prescribed to you.

#### **Immediately After the Procedure**

Take the two remaining tablets of Cipro following the procedure.

#### **Ten (10) Hours After the Procedure**

Take the two remaining tablets of Vantin ten hours after your procedure.

You may resume normal physical activity 24 hours following the biopsy. Should you observe minor amounts of blood in the urine, rectum, or semen, be advised that this is normal and usually resolves within a few days. If you experience excessive blood in your urine, rectum, semen or symptoms of

a urinary tract infection (fever, painful or frequent urination), contact your referring physician, immediately or seek care at an Emergency Room.

Biopsy results are typically available in a few days. Your ordering healthcare provider will be notified of the results, who will then share them with you at your follow up appointment or by phone.

If you have any questions about the procedure or cannot keep the appointment, please call the MRI scheduling staff at 773-795-9723.

## **YOUR BILL**

You will receive two bills. One is from the hospital and the other is from the radiologist. Contrast is given depending on the patient's weight. Therefore, the charge varies from patient to patient. If you have any questions about your bill, please contact our billing department at 773-702-2027.



## Driving Directions

### From the NORTH:

#### Kennedy Expressway (I-90) and Edens Expressway (I-94) to Dan Ryan Expressway (I-90/94)

1. Take the Kennedy Expressway (I-90) east/ Edens Expressway (I-94) east, southbound to the Dan Ryan Expressway (I-90/94) east.
2. Stay in the local lanes.
3. Exit at 55th Street, also called Garfield Boulevard (exit 57B).
4. Turn left (east) on Garfield Boulevard and continue on Morgan Boulevard through Washington Park, following signs directing you to campus.
5. Continue with directions below specific to your destination.

#### Lake Shore Drive (US-41)

1. Travel south on Lake Shore Drive to 57th Street.
2. Exit (right) at 57th Street, just before the Museum of Science and Industry.
3. Proceed on 57th south, around the museum, following the blue hospital signs.
4. Turn right on Midway Plaisance and continue west to Cottage Grove Avenue.
5. Turn right on Cottage Grove Avenue.
6. Continue with directions below specific to your destination

### From the SOUTH:

#### Bishop Ford Expressway (I-57) to Dan Ryan Expressway (I-90/94)

1. Take the Bishop Ford Expressway (I-57) northbound to the Dan Ryan Expressway (I-90/94) west.
2. Stay in the local lanes.
3. Exit at 55th Street, also called Garfield Boulevard (exit 57).
4. Turn right (east) on Garfield Boulevard and continue on Morgan Boulevard through Washington Park, following signs directing you to campus.
5. Continue with directions specific to your destination.

#### Chicago Skyway (I-90)

1. From the Skyway, exit at Stony Island Avenue.
2. Follow Stony Island Avenue north just past 71st Street, staying to your left to continue on to Stony Island Avenue.
3. Just after 60th Street, turn left (west) onto Midway Plaisance and continue to Cottage Grove Avenue.
4. Turn right on Cottage Grove Avenue.
5. Continue with directions below specific to your destination
6. Lake Shore Drive (US-41)
7. Take Lake Shore Drive north to 57th Street.
8. Exit left (west) at 57th Street and head south, around the Museum of Science and Industry, following the blue hospital signs.
9. Turn right on Midway Plaisance and continue west to Cottage Grove Avenue.
10. Turn right on Cottage Grove.
11. Continue with directions below specific to your destination.

### From the WEST:

#### Eisenhower Expressway (I-290) to Dan Ryan Expressway (I-90/94)

1. Take the Eisenhower Expressway (I-290) east to the Dan Ryan Expressway (I-90/I-94) east.
2. Continue southbound on the Dan Ryan, staying in local lanes.

3. Exit at 55th Street, also called Garfield Boulevard (exit 57B).
4. Turn left (east) on Garfield Boulevard and continue on Morgan Boulevard through Washington Park, following the signs directing you to campus.
5. Continue with directions below specific to your location. Stevenson Expressway (I-55) to Dan Ryan Expressway (I-90/94)
6. Take the Stevenson Expressway (I-55) east to the Dan Ryan Expressway (I-90/I-94) east.
7. Continue southbound on the Dan Ryan, staying in local lanes.
8. Exit at 55th Street, also called Garfield Boulevard (exit 57B).
9. Turn left (east) on Garfield Boulevard and continue on Morgan Boulevard through Washington Park, following the signs directing you to campus.
10. Continue with directions below specific to your location.

### ***Parking***

We encourage patients and visitors to use our Valet Parking service. It's convenient and usually less expensive than self-parking. Valet Parking is offered directly in front of all of our Patient Care Facilities: Bernard A. Mitchell Adult Hospital, Duchossois Center for Advanced Medicine, Comer Children's Hospital and the Center for Care and Discovery.

To ensure traffic moves smoothly, please do not enter campus at 58th Street and Cottage Grove Avenue. Please only use 58th Street for exiting the medical campus.

For parking-related questions, contact the Parking Office at (773) 702-4381, Monday through Friday, 7:30 a.m. to 4:30 p.m. Valet parking hours are Monday through Friday, 5 a.m. to 9 p.m.