

MRI PROSTATE QUESTIONNAIRE

Patient Name: _____

Date of birth: _____

Prostate Specific Antigen (PSA)			
Do you know your latest PSA level?	Ng/mL: _____		Date: _____
Has there been a change to your PSA measurements in the past 12 months?	Yes	No	Don't know
If 'Yes' please provide details			

Prostate Biopsies		
Have you had a prostate biopsy?	Yes	No
If 'Yes', when and where was this done?		
Has prostate cancer been previously diagnosed?	Yes	No
If 'Yes' do you know your Gleason Score?		

Previous Prostate surgery/targeted therapy/Radiotherapy		
Have you had previous prostate surgery/therapy/radiotherapy	Yes	No
If 'Yes', when and where was this done?		

Family History			
Do you have a family history of prostate cancer?	Yes	No	Don't know
Do you have family members with hereditary breast or ovarian cancer?	Yes	No	Don't know

Medications	
Are you on any of the following medications for your prostate? (circle as appropriate)	
Prostate Hypertrophy	Dutasteride (Flomax)
	Finasteride (Proscar/Propecia)
GnRH agonists	Goserelin implant (Zoladex)
	Leuprorelin/Diphereline depot injection (Lucrin/Eligard/Diphereline)
Anti-androgens	Cyproterone acetate (Androcur/Anterone/Cyprone/Cyprostat)
	Flutamide (Flutamin)
	Bicalutamide (Cosudex/Cosamide/Bicalide)
	Nilutamide (Anandron)

Please list any other relevant medications (including over the counter or complementary medications):

MRI PROSTATE – PATIENT PREPARATION

Please read and follow the patient preparation instructions carefully. This will clear the bowel of gas and faeces and help us to generate the highest quality images.

Please follow a low residue diet for 24 hours prior to your MRI scan

Low Residue Diet

Low residue diet includes the following:

- Milk (2 cups/day), plain yoghurt, cheese, butter, margarine
- White fish or chicken: boiled/ steamed/grilled
- Eggs, Tofu
- White pasta, white rice
- White bread, white pita, white flour chapattis
- Potatoes with no skin eg mashed, boiled
- Clear soups (no solid bits eg sieved chicken noodle), Bovril, Oxo
- Clear jelly, boiled sweets, ice cream, chocolate (no fruit or nut pieces)
- Salt, pepper, sugar, sweeteners, and honey

Have plenty to drink from tea, coffee, squash, fizzy drinks, water, clear fruit juices (e.g. apple, grape and cranberry). Barley sugar may also be taken.

Suggested meals could include for example:

Breakfast:

- White bread/toast with butter and honey
- Boiled or poached egg

Lunch/ Dinner:

- Grilled fish or chicken with white rice and boiled potatoes (no skin)
- Scrambled eggs on white toast, vanilla ice cream

Do not eat high fibre foods such as:

- Red meats, pink fish (e.g. salmon)
- Fruit, vegetables, salad, mushrooms, sweet corn
- Cereals, nuts, seeds, pips, bran, beans, lentils
- Brown bread, brown or wild rice, brown pasta
- Pickles, chutneys

North Shore Private Hospital – 3 Westbourne Street, St Leonards NSW 2065

North Shore Health Hub - 7 Westbourne Street, St Leonards NSW 2065

100 Longueville Road, Lane Cove NSW 2066

Tel: (02) 9170 4500 Fax: (02) 9170 4577 contact@nsrm.com.au www.northshoreradiology.com.au

HOW DO I PREPARE FOR THE TEST?

- 1) You are requested to use a **microlax enema 90 minutes before your appointment time** (available over the counter at any pharmacy). This will help you evacuate your rectum of gas and faeces and improve the image quality of the scan (See Microlax instructions below).
- 2) Please fast – **nothing to eat or drink for 1 hour prior** to your scan.
- 3) Please **arrive 30-minutes prior to the study** to allow time to register in at reception, complete and sign the MRI safety questionnaire and any other paperwork (please bring along any reading glasses).
- 4) You will be asked to change into a gown and your belongings will be safely stored. We usually give two injections as part of a prostate MRI scan. The first is hyoscine butylbromide (Buscopan) which is a smooth muscle relaxant and helps to keep the contents of the pelvis stationary, and the second injection is a contrast dye (Gadolinium) which helps show additional information about the prostate gland. For further information about the MRI procedure, please refer to our website.

Microlax Enema

90-minutes prior to your appointment time please self-administer a Microlax enema:

- **Twist off the cap and squeeze a drop of the solution out of the tube** – that will make it even easier to insert the tip of the tube.
- **Sit down on the toilet in usual position or just squat down a little** & insert the neck of the tube completely into your rectum. The small, rounded tip is thinner than a suppository, & can be inserted safely & painlessly. **Gently squeeze out the entire tube contents (5ml) into the rectum.**
- **Keeping the tube squeezed tightly, withdraw the tip from the rectum.** Tighten your buttock muscles to prevent the solution from running out. Important: To allow stool to soften, it is important not to have a bowel movement immediately; you should wait at least 5 minutes.
- **There will be a gentle bowel movement within 30 minutes after use.** It will likely be anormal bowel movement that can be controlled. After use, dispose of the micro-enema.



North Shore Private Hospital – 3 Westbourne Street, St Leonards NSW 2065

North Shore Health Hub - 7 Westbourne Street, St Leonards NSW 2065

100 Longueville Road, Lane Cove NSW 2066

Tel: (02) 9170 4500 Fax: (02) 9170 4577 contact@nsrm.com.au www.northshoreradiology.com.au