

# APPOINTMENT

You are scheduled for a Prostate MRI scan.

Date:

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Time: \_\_\_\_\_ am/pm

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## Prostate MRI Prep Instructions:

You must follow certain food, drink and activity restrictions prior to your scan. The following timetable lists the restrictions, starting at 48 hours prior to your appointment.

### 48 Hours Prior and Until Completion of Your Scan:

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- No sexual activity

### On the Evening Before Your Scan:

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- Take 1 Gas X tablet (Can be purchased at your local Pharmacy)
- Do not eat or drink any fruit, vegetables or beans the evening before your scan

### On the Day of Your Scan

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- Take 1 Gas X tablet the morning of your scan
- Nothing to eat or drink, other than plain water, 4 hours prior to your scan
- Prior to the 4 hour time frame, a light meal and clear liquids only are allowed
- A light meal could consist of dry toast or plain eggs. Do not eat or drink fruits, vegetables or beans the day of your scan.
- No caffeine the day of your scan.

\*If fleet enemas are not possible, please contact the center for alternate prep instructions.



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Directions are on the reverse side of this card

## DIRECTIONS

# Shields MRI at Baystate Health - Wason Ave.

80 Wason Ave.

Springfield, MA 01107

413.730.9200

### I-91 Southbound:

Take Exit 11 "Birnie Avenue." Take a sharp right off the exit. Follow Birnie Avenue north approximately three blocks to Wason Avenue. Turn left on Wason Avenue. 80 Wason Avenue is one block down on the right. Parking in rear of building.

### I-91 Northbound:

Take Exit 10 "Main Street." Turn left at the stop sign onto Main Street. Wason Avenue is approximately two blocks north (left turn only). After turning left onto Wason Avenue, the Center is two blocks down on the right. Parking in rear of building.



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