

DIRECTIONS

Shields MRI Portsmouth

1900 Lafayette Rd.
Portsmouth, NH 03801
1-800-258-4674



*Interactive directions can be found on shields.com
using Google Maps.*

Thank you for choosing Shields MRI



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WELCOME TO

Shields MRI Portsmouth

1900 Lafayette Rd.
Portsmouth, NH 03801
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You are scheduled for an MRI scan:

Location: _____

Date: _____

Time: _____ am/pm

Prostate MRI Prep Instructions:

1. Eat a light diet the day before your prostate exam.
Please avoid heavy foods (like a large pasta or steak dinner) or highly spiced foods that can cause digestive disturbances.
2. No food for 3 hours before the exam. You can consume liquids such as water, black coffee, or tea, but **no** carbonated beverages.
3. Use a Fleet enema (available over the counter and at most pharmacies) **one to three hours** in advance of the prostate exam..

If you have any questions, please contact your physician.



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