

# Contrast Reaction Post MRI Discharge Instructions

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## **What are my Care Instructions?**

You had a reaction to MRI Contrast. You might still be itchy or have hives or a rash. You might be drowsy from the medication you received.

Follow-up care is the key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor if you have problems.

## **How can I care for myself at home?**

### **Activity**

- If you have received any medicines for your contrast reaction, including Benadryl and Epinephrine, for your safety, avoid activities that require motor coordination.

### **Diet**

- Eat your normal diet. If your stomach is upset, try bland, low-fat foods like plain rice, toast and yogurt.
- Drink plenty of fluids (unless your doctor tells you not to).
- Do not drink alcoholic beverages for 24 hours.

### **Medications**

- Please take your normal medicines your doctor has prescribed.

### **Special Instructions**

- Should you need an IV contrast agent for MRI in the future, please advise the Radiology Department of this reaction.
- Please talk with your doctor before your next MRI requiring a contrast agent for possible premedication with steroids and Benadryl.

## When should you call for help?

Call 911 anytime you think you need emergency care. Call if you have any of the following signs and symptoms:

- Shortness of breath
- Chest pains
- Loss of consciousness (if you passed out or fainted)

Call the Radiology Nursing Station at 734-936-4515 between 8am and 5pm Monday through Friday if you have any of the following signs and symptoms:

- More hives or rash
- Itching
- Swelling
- Dizziness
- Vomiting that does not stop
- Redness, swelling, red streaking or pain at IV site

After hours you can call the Radiology Super chief at 734-936-6267, pager 1800.

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