

1 **Non-invasive imaging of CSF-mediated brain clearance pathways via assessment of**
2 **perivascular fluid movement with diffusion tensor MRI**

3 IF Harrison¹, B Siow^{1,2}, AB Akilo¹, PG Evans¹, O Ismail¹, Y Ohene¹, P Nahavandi¹, DL Thomas^{3,4}, MF Lythgoe¹,
4 JA Wells¹

- 5 1. UCL Centre for Advanced Biomedical Imaging, Division of Medicine, University College London, UK
6 2. The Francis Crick Institute, London, UK
7 3. Neuroradiological Academic Unit, Department of Brain Repair and Rehabilitation, UCL Institute of
8 Neurology, Queen Square, London, UK
9 4. Leonard Wolfson Experimental Neurology Centre, UCL Institute of Neurology, Queen Square, London, UK

10
11 **Abstract**

12 The glymphatics system describes a CSF-mediated clearance pathway for the removal of potentially
13 harmful molecules, such as amyloid beta, from the brain. As such, its components may represent
14 new therapeutic targets to alleviate aberrant protein accumulation that defines the most prevalent
15 neurodegenerative conditions. Currently, however, the absence of any non-invasive measurement
16 technique prohibits detailed understanding of glymphatic function in the human brain and in turn,
17 it's role in pathology. Here, we present the first non-invasive technique for the assessment of
18 glymphatic inflow by using an ultra-long echo time, low *b*-value, multi-direction diffusion weighted
19 MRI sequence to assess perivascular fluid movement (which represents a critical component of the
20 glymphatic pathway) in the rat brain. This novel, quantitative and non-invasive approach may
21 represent a valuable biomarker of CSF-mediated brain clearance, working towards the clinical need
22 for reliable and early diagnostic indicators of neurodegenerative conditions such as Alzheimer's
23 disease.

24
25
26
27
28 Keywords: Perivascular, Glymphatics, MRI, DTI, Diffusion Tensor, Cerebral spinal fluid, Interstitial
29 fluid, Paravascular, Amyloid, A β , Alzheimer's disease.

30

31 **Introduction**

32 The recent identification of the glymphatic system and the dural lymphatic network provide exciting
33 new perspectives on waste clearance mechanisms within the central nervous system (CNS)^{1,2}.
34 According to the glymphatics hypothesis, cerebrospinal fluid (CSF) crosses from the subarachnoid
35 space into the periarterial space where it swiftly flows towards the brain tissue. Fluid then passes
36 into the parenchyma from the perivascular space, a transition mediated by aquaporin-4 (AQP4)
37 channels that reside on the end feet of astrocytes. This periarterial inflow creates a convective flux
38 of fluid across the parenchyma that exits via perivenous channels, carrying with it 'waste products'
39 of brain metabolism. As such, the glymphatic pathway has been proposed to function as a 'cleaning
40 system' of the brain. The exchange of CSF with interstitial fluid (ISF) is an established mechanism
41 underlying the clearance of amyloid beta (A β), recognised as a leading molecular candidate to
42 initiate Alzheimer's disease (AD)²⁻⁷.

43 Despite evidence that aspects of the glymphatic pathway are preserved across species⁸⁻¹⁰, key
44 questions remain on the anatomy and function in the human brain and to what extent it contributes
45 to pathology. Currently, however, these questions cannot be answered because there are no non-
46 invasive techniques for assessment. The development of non-invasive methods to image CSF-
47 mediated brain clearance pathways, such as the glymphatic system, would enable repeated and
48 practical measurement to investigate this system in the human brain and the intact animal skull.
49 This, in turn, may help fully characterise impairment of CSF-mediated clearance pathways with age¹¹,
50 as well as the contribution to A β accumulation in AD. Ultimately, such methods could address the
51 pressing clinical need for reliable and early biomarkers of AD, by identifying patients at risk of A β
52 accumulation due to failing clearance mechanisms.

53 The perivascular space is a fluid filled compartment that surrounds selected blood vessels in the
54 brain¹². Perivascular channels form a central component of the glymphatic pathway that is said to
55 drive rapid CSF-ISF exchange. Although the precise routes and fluid dynamics that underlie CSF-ISF
56 exchange remain controversial¹³⁻¹⁶, several independent groups have identified perivascular
57 channels as central to this pathway^{2,17-19}. As such, the perivascular space represents a promising
58 target for non-invasive imaging biomarkers of CSF-ISF exchange. To date, perivascular function has
59 been studied using only invasive methods: ex-vivo microscopy¹⁷, two-photon imaging² and contrast-
60 enhanced MRI following intra-cranial/lumbar injection^{20,21}. In this work we introduce the first non-

61 invasive method for the assessment of perivascular function using contrast-free MRI, and
62 demonstrate use of the method in the rodent brain.

63 Despite recognition that the perivascular space facilitates CSF-ISF exchange, the nature of fluid
64 movement within this channel is yet to be unambiguously determined. Broadly, the glymphatics
65 hypothesis describes perivascular fluid movement as possessing coherent, bulk flow². However, this
66 has been questioned by other studies which propose that the fast distribution of CSF-tracers along
67 the perivascular space can be explained by rapid dispersion of fluid/tracers via mechanical
68 pulsations, with little bulk flow^{14,22}. Given the current uncertainty, when considering non-invasive
69 MRI techniques for assessment, diffusion MRI represents a prime candidate for initial application
70 owing to its established sensitivity to water dispersion, together with evidence of sensitivity to bulk
71 flow (non-plug e.g. laminar flow) from prior studies of the cerebral vasculature²³. That is, irrespective
72 of whether perivascular fluid movement is dominated by bulk flow or rapid dispersion with little bulk
73 flow, diffusion MRI sequences, if appropriately tuned, should yield sensitive and quantitative
74 correlates of fluid movement, albeit non-specific to flow coherence.

75 In this study, we apply ultra-long echo time (TE), diffusion weighted MRI sequences to assess fluid
76 movement within perivascular channels surrounding the middle cerebral artery (MCA) of the healthy
77 rat brain. In addition, given evidence that cerebral arterial pulsation is a key mechanism that drives
78 PVS fluid movement^{19,24}, we investigate the dependence of the technique on vascular pulsatility
79 through cardiac gating and modulation by the adrenoceptor agonist, dobutamine. This technique
80 represents the first non-invasive biomarker of perivascular action, working towards new
81 translational techniques to assess CSF mediated brain clearance pathways and their role in disease.

82 **Results**

83 **Non-Invasive Imaging of Perivascular Channels**

84 The ultra-long TE MRI sequence presented here is designed to attenuate the measured signal from
85 the blood and parenchyma that immediately surround the perivascular space in order to minimise
86 partial volume effects, which represent a potential confounder for assessment by MRI given the
87 small size of this compartment. Figure 1A shows a b0 image of the axial slice through the ventral
88 aspect of the rat brain. The subarachnoid CSF that bathes the Circle of Willis (CoW) can be clearly
89 observed, with marked contrast between the blood vessels within the CoW and surrounding CSF.
90 Bright tracts appear either side of both MCA branches (Figure 1A) which, due to the ultra-long echo
91 time, must derive from fluid filled compartments of similar composition to the CSF in the

92 subarachnoid space. This observation, together with the characteristic morphology that runs
93 alongside and parallel to the MCA, is consistent with the description of the perivascular space as a
94 fluid filled compartment that surrounds major blood vessels feeding the brain¹². Indeed, the location
95 of this compartment is highly consistent with direct assessment from a previous study (Figure 1B,
96 adapted from Lochhead *et al.*,¹⁸).

97 The precise definition of the perivascular (and 'paravascular') space is somewhat unclear, as
98 highlighted in a number of recent articles^{14,15,25}. Whether the fluid filled tracts around the MCA that
99 we observe (Figure 1 A) occupy a physically and functionally distinct 'paravascular' space as
100 described by Iliff *et al.*,² forms a more continuous pathway with subarachnoid CSF as described by
101 Bedussi *et al.*²⁵, or are well described by a perivascular space as proposed by Lochhead *et al.*,¹⁸
102 remains unknown. Irrespective of the precise anatomical bordering of the fluid filled tracts identified
103 in this work, and despite these semantic differences, all the aforementioned studies have
104 highlighted the movement of fluid that surrounds subarachnoid arteries as a key site of CSF-tracer
105 inflow towards the parenchyma. Hence non-invasive assessment of fluid movement within this
106 compartment represents a meaningful measure of CSF-ISF exchange pathway function.

107 **Assessment of Fluid Movement using Multi-Direction Diffusion Weighted Imaging**

108 Application of a motion probing gradient (MPG) along the principle direction of the perivascular
109 tracts located around the MCA was observed to markedly attenuate the signal from these tracts
110 relative to when the MPG was applied perpendicular to their principle orientation (Figure 2 A).
111 Accordingly, across the 10 subjects, within the right perivascular space, the pseudo-diffusion
112 coefficient (D^*) parallel to PVS orientation was significantly greater than D^* in either perpendicular
113 direction ($p < 0.01$ respectively). In a similar fashion, D^* (parallel to principle direction of left PVS) was
114 significantly greater than D^* in either perpendicular direction [$p < 0.01$]. (Figure 2 B). These data
115 demonstrate that the MRI sequence employed here can detect the directional dependence of fluid
116 movement within the perivascular space (the principal directionality of which is parallel to their
117 orientation), which verifies that they are sensitised to the movement of fluid within this
118 compartment. Within the CSF in the subarachnoid space, it was observed that D^* when the MPGs
119 were applied in the in-plane orientation (i.e. parallel to the left or right branch of the MCA) were
120 both significantly greater than D^* in the through plane orientation [$p < 0.01$]. This is consistent with
121 the known direction of CSF movement in the rostral-caudal direction within this region from prior
122 invasive studies^{20,26}.

123

124 **Diffusion Tensor Imaging of CSF/Perivascular Fluid Movement**

125 Having verified the sensitivity of the MRI sequence to fluid movement within the perivascular and
126 subarachnoid space, MPGs were then applied in six different directions to generate a pseudo
127 diffusion tensor image that reflects the directionality and magnitude of subarachnoid CSF and
128 perivascular fluid movement.

129 Figure 3 illustrates that, for the subarachnoid space ROI, the mean D^* tensor ellipsoid ($n=6$) was well
130 aligned with the known principle direction of CSF movement (caudal-rostral, observed in several
131 invasive studies of the rodent brain^{20,26}). Likewise, Figure 3 illustrates that the principle direction of
132 the mean D^* tensor of the left and right perivascular space, respectively, was aligned with the
133 orientation of the respective branch of the MCA. The D^* tensors for each of the individual animals
134 are shown in Figure 2- figure supplement 1, which show reasonable consistency with the
135 directionality of the mean tensors shown in Figure 3. The magnitude of the D^* tensors within this
136 region were markedly reduced post-mortem, which demonstrates that a large component of the D^*
137 measurements reflects fluid movement driven by physiological perturbations such as cardiac and
138 respiratory pulsation and secretion from the choroid plexus (Figure 3 – figure supplement 1). This
139 may also partially reflect the reported collapse of the PVS post mortem [1] (indeed visual inspection
140 of the b_0 images indicates a reduction in signal intensity within this region [data not shown]).
141 Fractional anisotropy (SEM) within the right and left perivascular space and the subarachnoid space
142 was 0.44 (± 0.04), 0.36 (± 0.04) and 0.6 (± 0.02) respectively with mean diffusivity (SEM) calculated to
143 be 0.0042 (± 0.0003), 0.0052 (± 0.0003), 0.0065 (± 0.0007) mm^2/s . Figure 3E shows a map of pseudo
144 diffusion tensors for a single subject. The principal direction of the D^* tensors in the perivascular
145 tracts that surround the left and right MCA respectively can be seen to run parallel to the orientation
146 of the MCA. Likewise, the principal orientation of the individual voxel D^* tensors can be seen to run
147 rostral-caudal in the mid-section of the CoW.

148 **Cerebral Arterial Pulsation Drives Non-invasive Measures of Perivascular Fluid Movement**

149 Previous studies have identified cerebral vascular pulsation to play a prominent role in perivascular
150 fluid propulsion. To investigate this mechanism, MRI data were captured during both cerebral
151 arterial pulsation and diastole using ECG gating with variable delays to image capture (36 ms and
152 116 ms from the r-wave to the centre of ‘diffusion’ weighting respectively). The results are shown in
153 Figure 4, where a striking and highly directional dependence of D^* on cerebral vascular pulsation
154 was observed in the PVS [Figure 4]. D^* in the PVS was $\sim 300\%$ greater during arterial pulsation
155 relative to diastole when motion probing gradients were applied parallel to the principle orientation

156 ($p < 0.01$). We recorded a more moderate dependence ($p = 0.1$) on the r-wave delay within the CSF ROI
157 at the mid-section of the CoW (although visual inspection of the D^* maps suggests that other regions
158 within the subarachnoid CSF appeared to show greater changes with the r-wave delay). Minimal
159 dependence of the D^* measures on the r-wave delay was observed in the 3rd ventricle ($p = 0.2$).

160 Administration of the adrenoceptor agonist, dobutamine, increased heart rate from (354 ± 8 to 519
161 ± 17 bpm). A 65% increase in D^* along PV channels was recorded ($p < 0.01$) following dobutamine
162 with comparatively little change after vehicle (Figure 4 C). No significant changes were observed in
163 the subarachnoid space ROI at the mid-section of the CoW following dobutamine ($p = 0.39$, although
164 visual inspection of the data suggests other regions within the subarachnoid CSF did show marked
165 increases in D^*). Dobutamine had minimal effect on D^* within the 3rd ventricle ($p = 0.30$).

166 Together these data are concordant with previous invasive measures demonstrating that
167 perivascular fluid movement is driven by cerebral vascular pulsation and that we are now able to
168 capture this mechanistic dependence non-invasively using the techniques introduced here.

169 **Discussion**

170 In this study, we introduce a novel MRI method to measure a distinct feature of brain physiology
171 that, to date, has only been assessed using invasive methods – the movement of fluid in the
172 perivascular space. The perivascular space serves as a preferential pathway for CSF-ISF exchange, an
173 important mechanism supporting the clearance of potentially harmful molecules, such as $A\beta$, from
174 the CNS. This non-invasive and translational method may have utility in AD research given evidence
175 that $A\beta$ accumulation (in late stage, sporadic AD) occurs not because of increased $A\beta$ production but
176 because of decreased rates of $A\beta$ clearance²⁷. Thus, this technique may expedite greater
177 understanding of how $A\beta$ clearance mechanisms become impaired with ageing¹¹ and in turn reveal a
178 new window in early AD pathogenesis in which to target future diagnostic and treatment strategies.
179 The technique may have broader utility to a range of neurological conditions given reported
180 associations between glymphatic function in, for example, stroke²⁸ and traumatic brain injury²⁹.

181 The precise mechanisms that underlie CSF-ISF exchange are yet to be fully defined and this remains
182 an active area of research. Accumulative evidence, however, has established cerebral vascular
183 pulsation as an important mechanism underlying perivascular fluid movement^{19,24}. Here, we have
184 captured the action of cerebral arterial pulsation to drive perivascular fluid movement using non-
185 invasive techniques (Figure 4). The measured D^* showed a remarkable dependence on vascular
186 pulsation with a ~300% increase recorded during arterial pulsation relative to diastole (Figure 4).

187 Moreover, D^* (non-gated) was found to markedly increase following adrenoceptor agonist,
188 dobutamine. The non-invasive nature of this technique may enable future studies to investigate the
189 mechanistic link between vascular pulsatility and PVS fluid movement in the healthy human brain,
190 and its modulation by pathology as well as novel therapy.

191 In this study, D^* estimates were captured using a b_0 image and then with motion probing gradients
192 applied at a single b -value, in different directions. Future studies may wish to examine the behaviour
193 of the PVS signal over a greater range of b -values (and different values of δ and Δ) to examine
194 whether, in combination with more advanced signal modelling, this may reveal more detailed insight
195 into PVS fluid movement. Of note, a previous study aimed to correlate MRI measures of water
196 diffusivity from the PVS to AD severity³⁰. However, this earlier work presents limited evidence as to
197 the contribution of the perivascular space to the measured MRI signal and hence that the
198 parameters extracted from their measurements provide meaningful correlates of PVS fluid
199 movement.

200 The expression of AQP4 appears to be mechanistically important in CSF-ISF exchange^{16,31}. However,
201 although genetic deletion of AQP4 was found to markedly decrease rates of small molecular weight
202 tracer inflow from the CSF into the brain, it did not appear to affect the movement of tracers along
203 para-arterial channels². Thus, by extension, as the technique here is targeted to PVS fluid movement,
204 it may not be sensitive to AQP4 related modulation of CSF-ISF exchange through genetic deletion of
205 AQP4 in the rodent brain. Hence, future studies are required to fully elucidate the relationship
206 between para/perivascular fluid movement, CSF-ISF exchange and AQP4 expression¹⁵. Furthermore,
207 rates of glymphatic inflow have been linked to changes in extracellular space volume³² and central
208 noradrenaline activity³³ and how these factors may modulate measures of D^* captured using the
209 techniques presented here would be an interesting avenue of further study. Moreover, how the
210 technique introduced here may be influenced by pathology is an important consideration. For
211 example, the composition of the CSF and PV fluid may change in disease, in turn altering the
212 relaxation times of this compartment (for example the presence of iron could reduce PVS T2). Whilst
213 this may not confound measures of D^* , as relaxation time changes will be accounted for by the
214 acquisition of a b_0 image at identical TR and TE, this may change contrast between the PVS and
215 surrounding tissue and potentially lessen the SNR of the measurements. MR relaxometry studies
216 targeted to the normal and enlarged PVS may be an interesting avenue of future investigation
217 leading to novel biomarkers of PVS composition. Efforts are ongoing to investigate the sensitivity of
218 the method to detect dysfunction of perivascular fluid movement associated with ageing and models

219 of pathological conditions, with the knowledge that clinical translation of this non-invasive approach
220 may be practically achievable in the near future.

221

222 **Materials and Methods**

223 All experiments were performed in accordance with the UK Home Office's Animals (Scientific
224 Procedures) Act (1986). In total, 27 male Sprague Dawley rats were used in these experiments (n=10
225 for multi-direction diffusion weighted imaging, n=6 for diffusion tensor imaging, n=5 for ECG gating,
226 n=6 for dobutamine). Anaesthesia was induced using 4% isoflurane in 0.4L/min medical air and
227 0.1L/min O₂ and was maintained at 2% isoflurane whilst the animal was placed on a MRI compatible
228 plastic probe. The head was secured using ear bars, a bite bar and a nose cone to minimise motion
229 during the data acquisition. Once the probe was fixed in the scanner, isoflurane concentration was
230 reduced to 1.75% in 0.4L/min medical air and 0.1L/min O₂. Core body temperature was measured
231 throughout using a rectal thermometer (Small Animal Instruments Inc.) and maintained at 37 ± 0.5°C
232 using heated water tubing during the preparation and heated water tubing and warm air flow during
233 the data acquisition period. Breathing rate was monitored throughout the acquisitions using a
234 respiration pillow sensor (Small Animal Instruments Inc.). A scavenger pump was fixed inside the
235 magnet bore to prevent build-up of isoflurane. For the multiple direction diffusion weighting, power
236 analysis based on pilot data was used to estimate the number of animal required to detect a
237 significant difference in D* when motion probing gradients are applied parallel to the perivascular
238 tracts relative to D* when motion probing gradients are applied perpendicular to the perivascular
239 tracts (assuming a normal distribution).

240 **Magnetic Resonance Imaging**

241 All imaging was performed using a 9.4T VNMRs horizontal bore scanner (Agilent Inc., Palo Alto, CA).
242 A 72mm inner diameter volume coil was used for RF transmission and signal was received using a 4
243 channel array head coil (Rapid Biomedical). The imaging gradient hardware was calibrated using a
244 custom designed structural phantom, as previously described³⁴.

245 A key aspect of the MRI sequence was the use of a long TE to attenuate the signal from the
246 surrounding arterial blood and tissue (T₂~ 30 and 38ms respectively at 9.4T³⁵) relative to the MRI
247 signal from CSF in the subarachnoid space and fluid in perivascular channels (T₂~111ms³⁶). In order
248 to achieve this, a fast spin echo (FSE) sequence was employed (180° refocusing pulses) with an echo

249 train length of 16 giving an effective echo time of 142ms (thus the ultra-long TE is compatible with a
250 multiple echo train FSE readout for SNR efficiency). Therefore, at this echo time, the signal from the
251 grey matter tissue, blood and CSF will have decayed to ~2%, 1% and 28% of the theoretical signal at
252 TE=0 respectively. In addition, the use of an ultra-long TE permits a long echo train per excitation
253 (16 echoes) to increase the SNR efficiency of the acquisition (i.e. SNR per unit time). Finally, the use
254 of a relatively long TR (5000ms), further weights the measured MRI signal from CSF/interstitial fluid
255 relative to surrounding blood/tissue. It should be noted that, as part of the FSE readout, phase
256 encoding lines will be acquired at a range of different TEs and thus the eventual contrast in the
257 image may deviate from that predicted by assuming a constant TE_{eff} across all phase-encoding steps.
258 Simulations (data not shown) indicate that this effect was minimal in the current study but future
259 applications should consider this aspect of MRI image capture.

260 In this study, four separate sets of experiments were performed, that can be divided into ‘multiple
261 direction diffusion weighted imaging’ (n=10), ‘diffusion tensor imaging’ (n=6), ‘ECG-gating (n=5)’ and
262 ‘Dobutamine (n=6)’.

263 **Multiple Direction Diffusion Weighted imaging (n=10)**

264 An axial slice was positioned at the ventral aspect of the brain at the level of the Circle of Willis (CoW
265 - see Figure 1). A series of scout images were acquired with the slice orientation and position
266 manually altered in an iterative manner in order that the perivascular space around the MCA could
267 be optimally visualised.

268 The angular orientation of the image was then changed so that the animals right perivascular tracts
269 (surrounding the MCA in the axial slice) was aligned with the orientation of the frequency encoding
270 (FE) imaging gradients. In doing so, the animals left perivascular tracts then become approximately
271 aligned with the phase encoding (PE) imaging gradients (see Figure 2). This ensured that, when
272 applying diffusion (or motion probing) gradients along the FE direction, the direction of diffusion
273 weighting was parallel to the right perivascular tract and perpendicular to the left tract; and vice
274 versa when applying diffusion gradients along the PE direction. As a result, the sensitivity for
275 measuring differences in fluid movement along and across both tracts was maximised.

276 A fast-spin echo imaging sequence was acquired with the following sequence parameters: TR = 5s,
277 Echo Train Length = 16, effective TE = 142 ms, echo spacing = 10 ms, FOV = 25 x 25 mm, matrix size =
278 128 x 128, slice thickness = 0.8 mm or 1 mm, number of averages = 12. A b=0 image was acquired
279 with minimal diffusion weighting (b0) and then with separate acquisitions with the motion probing

280 gradients applied in three principle directions (X, Y, Z) with a b -value of 107 s/mm^2 ($\delta = 5 \text{ ms}$, $\Delta =$
281 26 ms , $G = 4.2 \text{ G/cm}$).

282 Regions of interest were manually drawn around the perivascular tracts surrounding the left and
283 right MCA, as well as within the CSF of the subarachnoid space in the mid-section of the CoW from
284 the b_0 images. The subarachnoid space ROI was chosen because previous invasive measures have
285 demonstrated rapid caudal-rostral CSF-tracer movement in this region^{28,37}. As such, data from this
286 ROI can provide a degree of validation for the technique if the directionality of fluid movement is
287 found to be consistent with the established caudal-rostral fluid movement. The pseudo-diffusion
288 coefficient (D^*) was then calculated for each direction of the applied motion probing gradients using
289 the following equation:

$$290 \quad S = S_0 \exp(-bD^*)$$

291 where S is the measured signal at $b=107 \text{ s/mm}^2$, S_0 is the signal taken from the b_0 image. In this work
292 we choose to report the exponential decay coefficient as the pseudo diffusion coefficient (D^*) since
293 this is analogous to the Intra-voxel Incoherent Motion (IVIM) literature where *in-vivo* D^* estimates
294 reflect an unknown contribution from relatively coherent flow in large and/or directionally ordered
295 vessels and isotropic fluid motion derived from randomly orientated vessels within a MRI voxel.

296 A paired t-test was applied to investigate i) if D^* was greater when the motion probing gradient was
297 applied parallel to the principle direction of the perivascular tracts, relative to application in each of
298 the orthogonal planes for the left and right perivascular channels respectively; ii) if D^* in the
299 subarachnoid space ROI was significantly greater in the FE and PE directions than in the through
300 plane slice selection direction.

301 **Diffusion Tensor Imaging (n=6)**

302 Images were acquired with no 'diffusion weighting' (b_0) and then using motion probing gradients
303 applied in 6 different directions ($\delta = 7.5 \text{ ms}$, $\Delta = 52 \text{ ms}$, $G = 1.5 \text{ G/cm}$, b value $\sim 100 \text{ s/mm}^2$)
304 respectively with the following sequence parameters: $TR = 5 \text{ s}$, Echo Train Length = 16, effective $TE =$
305 142 ms , $FOV = 30 \times 15 \text{ mm}$, matrix size = 128×64 , slice thickness = 1 mm , number of averages = 24.

306 Pseudo-Diffusion tensors were generated using a calculated b -matrix that incorporated the
307 'diffusion' weighting introduced by the imaging gradients. As described above, ROIs were drawn
308 around the perivascular tracts that surround the animal's left and right MCA, as well as the CSF in
309 the subarachnoid space that resides in the mid-section of the Circle of Willis. For visualisation

310 purposes, pseudo-diffusion tensor ellipsoids were generated using the fanDTasia routines in Matlab
311 ³⁸. For pseudo-diffusion tensor mapping, images were smoothed using an edge preserving filter and
312 thresholded based on signal intensity, to remove signals that did not principally derive from fluid
313 filled compartments and images were generated using the Explore DTI toolbox³⁹. Maps were colour
314 coded according to their principle orientation. In one animal, the diffusion tensor sequence was
315 applied to the brain immediately post-mortem.

316 **ECG Gating (n=5)**

317 In these experiments, a three lead electrode was used to measure ECG signals in the bore of the
318 magnet. The diffusion weighted sequence was acquired with the following parameters: TR = 5s, Echo
319 Train Length = 16, effective TE = 142 ms, echo spacing = 10 ms, FOV = 25 x 25 mm, matrix size = 128
320 x 128, slice thickness = 1 mm, number of averages =12, $\delta = 5$ ms, $\Delta = 26$ ms , diffusion gradient
321 amplitude = 2.3 G/cm, b value ~ 45 s/mm², diffusion gradients applied in two directions (in plane,
322 parallel to the PVS around the left and right MCA respectively).

323 Image capture was gated to the ECG signal and image acquisition began either directly after the r-
324 wave or with an 80 ms delay. Given that the diffusion weighting is applied during the first echo time
325 at 72ms, this results in a delay of 36ms from the r-wave to the centre of diffusion weighting (i.e the
326 first 180° refocusing pulse) or 116ms with the additional 80ms delay. As Δ was 26ms in these
327 acquisitions, the 'diffusion weighting' was therefore applied between 23 and 49ms from the r-wave
328 and 103 and 129ms from the r-wave respectively. Given previous recordings of pulse wave velocity
329 in the mouse brain of 2.69 m/s ⁴⁰ and given an approximate distance from the heart to the MCA of
330 10cm in ~ 400 g rats (together with the separation between adjacent r-waves to be ~ 150 ms) we
331 define the separate acquisitions to therefore take place during cerebral arterial pulsation or diastole.
332 It should be noted that due to the ECG gating employed in these experiments, the TR will vary
333 slightly between successive echo trains, but given the minimum TR was 5s and that the r-r interval in
334 the rat is ~ 150 ms, this should introduce relatively little variation into the measured MRI signal. ROIs
335 were drawn around the left and right PVS and within the mid-section of the subarachnoid space as
336 before. In addition, ROIS were drawn within the 3rd ventricle to examine the r-wave delay
337 dependence on measures of D* within ventricular CSF. The average D* in the PVS (MPGs applied
338 parallel and perpendicular to PVS orientation respectively) was taken for each rat and a paired t-test
339 was used to investigate if D* (MPGs parallel to PVS orientation) was greater during arterial pulsation
340 relative to diastole for each region.

341

342 **Dobutamine (n=6)**

343 Data were acquired in 6 male Sprague Dawley rats using the identical MRI sequence approach
344 described above ('ECG gating') but with no ECG gating. Dobutamine (n=3 subcutaneous bolus,
345 2mg/kg⁴¹ in saline ~0.6-0.8ml) or saline vehicle (n=3) was then delivered and the same acquisitions
346 were performed after bolus infusion.

347 **Figure Legends**

348 **Figure 1. A.** Example b0 MRI image. The position and orientation of the imaging slice is adjusted to
349 optimally visualize the perivascular space (PVS) around both branches of the MCA. Bright signal can
350 be observed from fluid filled compartments: CSF in the subarachnoid space around the Circle of
351 Willis (CoW); fluid in the perivascular space that surrounds the MCA; the ventral aspect of the third
352 ventricle. **B.** Photograph of the ventral aspect of the rat brain surface illustrating a putative PVS
353 surrounding the middle cerebral artery (MCA) (reproduced with permission from Lochhead et al.,
354 2015).

355 **Figure 2. A.** Example b0 and 'diffusion weighted' images acquired with the motion probing gradients
356 applied in 3 orthogonal directions respectively. **B.** The mean D* calculated within ROIs [see insert] in
357 the right perivascular space (red), left perivascular space (blue), subarachnoid space (green) with the
358 motion probing gradients applied in three orthogonal directions (+/- SEM).

359 **Figure 2 – figure supplement 1.** The individual animal D* calculated within ROIs in the right
360 perivascular space (A), left perivascular space (B), subarachnoid space (C) with the motion probing
361 gradients applied in three orthogonal directions (x-axis). Each line represents an individual animal
362 (n=10).

363 **Figure 3. A.** b0 image with ROIs in the right and left PVS and subarachnoid space highlighted in blue,
364 red and green respectively. The mean pseudo-diffusion tensor ellipsoid within the subarachnoid
365 space ROI (**B**) and right (**C**) and left (**D**) PVS respectively across the 6 rats. The pseudo-diffusion
366 tensors for each individual animal are shown in Figure 3-figure supplement 1. **E.** Example map of
367 pseudo-diffusion tensor ellipsoids with corresponding b0 image (insert).

368 **Figure 3– figure supplement 1.** D* tensors within the left and right perivascular space (PVS) and
369 subarachnoid space ROIs for each of the individual subjects imaged in part ii). The corresponding D*
370 tensor for the dead brain is also shown.

371 **Figure 4. A.** b0 image (first column) and D* maps during arterial pulsation (second and third column)
372 and during diastole (fourth and fifth column) from a single animal [the white arrows represent the
373 direction of the applied MPGs]. **B.** The mean D* during arterial pulsation and diastole respectively
374 within the three ROIs for MPGs applied parallel (black line) and perpendicular to (grey dashed line)
375 PVS orientation. **C.** The mean D* at baseline and after dobutamine (black line) or vehicle (grey
376 dashed line) within the same ROIs (non-gated).

377 **Figure 4 – figure supplement 1. A.** The individual animal D* during arterial pulsation and diastole
378 respectively within the three ROIs for MPGs applied parallel (black line) and perpendicular to (grey
379 dashed line) PVS orientation. **B.** The mean D* at baseline and after dobutamine (black line) or vehicle
380 (grey dashed line) within the same ROIs (non-gated). Each line represents an individual animal.

381

382

383 **Conflict of Interest:** The authors have no conflicts of interest to declare.

384 **Acknowledgements**

385 JW is supported by the Wellcome Trust/Royal Society (204624/Z/16/Z). DLT is supported by the UCL
386 Leonard Wolfson Experimental Neurology Centre (PR/ylr/18575). This work is supported by the
387 EPSRC-funded UCL Centre for Doctoral Training in Medical Imaging (EP/L016478/1) and the
388 Department of Health's NIHR-funded Biomedical Research Centre at University College London
389 Hospitals. ML receives funding from the EPSRC (EP/N034864/1); the King's College London and UCL
390 Comprehensive Cancer Imaging Centre CR-UK & EPSRC, in association with the MRC and DoH
391 (England); UK Regenerative Medicine Platform Safety Hub (MRC: MR/K026739/1).

392 **References**

- 393 1 Louveau, A. *et al.* Structural and functional features of central nervous system lymphatic
394 vessels. *Nature* **523**, 337-341 (2015).
- 395 2 Iliff, J. J. *et al.* A paravascular pathway facilitates CSF flow through the brain parenchyma and
396 the clearance of interstitial solutes, including amyloid beta. *Science translational medicine* **4**,
397 147ra111, doi:10.1126/scitranslmed.3003748 (2012).
- 398 3 Weller, R. O., Subash, M., Preston, S. D., Mazanti, I. & Carare, R. O. Perivascular drainage of
399 amyloid-beta peptides from the brain and its failure in cerebral amyloid angiopathy and
400 Alzheimer's disease. *Brain pathology (Zurich, Switzerland)* **18**, 253-266, doi:10.1111/j.1750-
401 3639.2008.00133.x (2008).

- 402 4 Bakker, E. N. *et al.* Lymphatic Clearance of the Brain: Perivascular, Paravascular and
403 Significance for Neurodegenerative Diseases. *Cellular and molecular neurobiology* **36**, 181-
404 194, doi:10.1007/s10571-015-0273-8 (2016).
- 405 5 Xu, Z. *et al.* Deletion of aquaporin-4 in APP/PS1 mice exacerbates brain Abeta accumulation
406 and memory deficits. *Mol Neurodegener* **10**, 015-0056 (2015).
- 407 6 Tarasoff-Conway, J. M. *et al.* Clearance systems in the brain[mdash]implications for
408 Alzheimer disease. *Nat Rev Neurol* **11**, 457-470, doi:10.1038/nrneurol.2015.119 (2015).
- 409 7 Hawkes, C. A., Jayakody, N., Johnston, D. A., Bechmann, I. & Carare, R. O. Failure of
410 Perivascular Drainage of β -amyloid in Cerebral Amyloid Angiopathy. *Brain Pathology* **24**, 396-
411 403, doi:10.1111/bpa.12159 (2014).
- 412 8 Goulay, R. *et al.* Subarachnoid Hemorrhage Severely Impairs Brain Parenchymal
413 Cerebrospinal Fluid Circulation in Nonhuman Primate. *Stroke* **48**, 2301-2305,
414 doi:10.1161/strokeaha.117.017014 (2017).
- 415 9 Ringstad, G., Vatnehol, S. A. S. & Eide, P. K. Glymphatic MRI in idiopathic normal pressure
416 hydrocephalus. *Brain : a journal of neurology* **140**, 2691-2705, doi:10.1093/brain/awx191
417 (2017).
- 418 10 Dobson, H. *et al.* The perivascular pathways for influx of cerebrospinal fluid are most
419 efficient in the midbrain. *Clinical science (London, England : 1979)* **131**, 2745-2752,
420 doi:10.1042/cs20171265 (2017).
- 421 11 Kress, B. T. *et al.* Impairment of paravascular clearance pathways in the aging brain. *Ann*
422 *Neurol* **76**, 845-861 (2014).
- 423 12 Huffman, J., Phillips, S., Taylor, G. T. & Paul, R. The Emerging Field of Perivascular Flow
424 Dynamics: Biological Relevance and Clinical Applications. *Technology & Innovation* **18**, 63-74,
425 doi:10.21300/18.1.2016.63 (2016).
- 426 13 Holter, K. E. *et al.* Interstitial solute transport in 3D reconstructed neuropil occurs by
427 diffusion rather than bulk flow. *Proceedings of the National Academy of Sciences* **114**, 9894-
428 9899, doi:10.1073/pnas.1706942114 (2017).
- 429 14 Hladky, S. B. & Barrand, M. A. Mechanisms of fluid movement into, through and out of the
430 brain: evaluation of the evidence. *Fluids and Barriers of the CNS* **11**, 26, doi:10.1186/2045-
431 8118-11-26 (2014).
- 432 15 Brinker, T., Stopa, E., Morrison, J. & Klinge, P. A new look at cerebrospinal fluid circulation.
433 *Fluids Barriers CNS* **11**, 2045-8118 (2014).
- 434 16 Smith, A. J., Yao, X., Dix, J. A., Jin, B. J. & Verkman, A. S. Test of the 'glymphatic' hypothesis
435 demonstrates diffusive and aquaporin-4-independent solute transport in rodent brain
436 parenchyma. *eLife* **6**, doi:10.7554/eLife.27679 (2017).
- 437 17 Bedussi, B. *et al.* Clearance from the mouse brain by convection of interstitial fluid towards
438 the ventricular system. *Fluids Barriers CNS* **12**, 23, doi:10.1186/s12987-015-0019-5 (2015).
- 439 18 Lochhead, J. J., Wolak, D. J., Pizzo, M. E. & Thorne, R. G. Rapid transport within cerebral
440 perivascular spaces underlies widespread tracer distribution in the brain after intranasal
441 administration. *J Cereb Blood Flow Metab* **35**, 371-381 (2015).
- 442 19 Rennels, M. L., Gregory, T. F., Blaumanis, O. R., Fujimoto, K. & Grady, P. A. Evidence for a
443 'paravascular' fluid circulation in the mammalian central nervous system, provided by the
444 rapid distribution of tracer protein throughout the brain from the subarachnoid space. *Brain*
445 *Res* **326**, 47-63 (1985).
- 446 20 Iliff, J. J. *et al.* Brain-wide pathway for waste clearance captured by contrast-enhanced MRI.
447 *The Journal of clinical investigation* **123**, 1299-1309, doi:10.1172/jci67677 (2013).
- 448 21 Yang, L. *et al.* Evaluating glymphatic pathway function utilizing clinically relevant intrathecal
449 infusion of CSF tracer. *Journal of Translational Medicine* **11**, 107-107, doi:10.1186/1479-
450 5876-11-107 (2013).
- 451 22 Asgari, M., de Zélécourt, D. & Kurtcuoglu, V. Glymphatic solute transport does not require
452 bulk flow. **6**, 38635, doi:10.1038/srep38635 (2016).

453 23 Wells, J. A., Thomas, D. L., Saga, T., Kershaw, J. & Aoki, I. MRI of cerebral micro-vascular flow
454 patterns: A multi-direction diffusion-weighted ASL approach. *J Cereb Blood Flow Metab* **37**,
455 2076-2083, doi:10.1177/0271678x16660985 (2017).

456 24 Iliff, J. J. *et al.* Cerebral arterial pulsation drives paravascular CSF-interstitial fluid exchange in
457 the murine brain. *J Neurosci* **33**, 18190-18199, doi:10.1523/jneurosci.1592-13.2013 (2013).

458 25 Bedussi, B. *et al.* Paravascular channels, cisterns, and the subarachnoid space in the rat
459 brain: A single compartment with preferential pathways. *J Cereb Blood Flow Metab* **37**,
460 1374-1385, doi:10.1177/0271678x16655550 (2017).

461 26 Lee, H. *et al.* Quantitative Gd-DOTA uptake from cerebrospinal fluid into rat brain using 3D
462 VFA-SPGR at 9.4T. *Magnetic Resonance in Medicine*, n/a-n/a, doi:10.1002/mrm.26779.

463 27 Mawuenyega, K. G. *et al.* Decreased clearance of CNS beta-amyloid in Alzheimer's disease.
464 *Science* **330**, doi:10.1126/science.1197623 (2010).

465 28 Gaberel, T. *et al.* Impaired glymphatic perfusion after strokes revealed by contrast-enhanced
466 MRI: a new target for fibrinolysis? *Stroke* **45**, 3092-3096 (2014).

467 29 Iliff, J. J. *et al.* Impairment of Glymphatic Pathway Function Promotes Tau Pathology after
468 Traumatic Brain Injury. *The Journal of Neuroscience* **34**, 16180-16193,
469 doi:10.1523/jneurosci.3020-14.2014 (2014).

470 30 Taoka, T. *et al.* Evaluation of glymphatic system activity with the diffusion MR technique:
471 diffusion tensor image analysis along the perivascular space (DTI-ALPS) in Alzheimer's
472 disease cases. *Jpn J Radiol* **35**, 172-178 (2017).

473 31 Mestre, H. *et al.* Aquaporin-4 dependent glymphatic solute transport in rodent brain.
474 *bioRxiv*, doi:10.1101/216499 (2017).

475 32 Xie, L. *et al.* Sleep drives metabolite clearance from the adult brain. *Science* **342**, 373-377,
476 doi:10.1126/science.1241224 (2013).

477 33 Benveniste, H. *et al.* Anesthesia with Dexmedetomidine and Low-dose Isoflurane Increases
478 Solute Transport via the Glymphatic Pathway in Rat Brain When Compared with High-dose
479 Isoflurane. *Anesthesiology* **127**, 976-988, doi:10.1097/aln.0000000000001888 (2017).

480 34 O'Callaghan, J. *et al.* Is your system calibrated? MRI gradient system calibration for pre-
481 clinical, high-resolution imaging. *PloS one* **9**, e96568, doi:10.1371/journal.pone.0096568
482 (2014).

483 35 Wells, J. A., Siow, B., Lythgoe, M. F. & Thomas, D. L. Measuring biexponential transverse
484 relaxation of the ASL signal at 9.4 T to estimate arterial oxygen saturation and the time of
485 exchange of labeled blood water into cortical brain tissue. *Journal of Cerebral Blood Flow &*
486 *Metabolism* **33**, 215-224, doi:10.1038/jcbfm.2012.156 (2013).

487 36 Kuo, Y. T., Herlihy, A. H., So, P. W., Bhakoo, K. K. & Bell, J. D. In vivo measurements of T1
488 relaxation times in mouse brain associated with different modes of systemic administration
489 of manganese chloride. *J Magn Reson Imaging* **21**, 334-339, doi:10.1002/jmri.20285 (2005).

490 37 Mesquita, S. D. *et al.* The choroid plexus transcriptome reveals changes in type I and II
491 interferon responses in a mouse model of Alzheimer's disease. *Brain, Behavior, and*
492 *Immunity* **49**, 280-292, doi:https://doi.org/10.1016/j.bbi.2015.06.008 (2015).

493 38 Barmpoutis, A., Vemuri, B. C., Shepherd, T. M. & Forder, J. R. Tensor splines for interpolation
494 and approximation of DT-MRI with applications to segmentation of isolated rat hippocampi.
495 *IEEE Trans Med Imaging* **26**, 1537-1546 (2007).

496 39 Leemans A, J. B., Sijbers J, and Jones DK. in *17th Annual Meeting of Intl Soc Mag Reson Med.*

497 40 Di Lascio, N., Stea, F., Kusmic, C., Sicari, R. & Faita, F. Non-invasive assessment of pulse wave
498 velocity in mice by means of ultrasound images. *Atherosclerosis* **237**, 31-37,
499 doi:10.1016/j.atherosclerosis.2014.08.033 (2014).

500 41 Buttrick, P., Malhotra, A., Factor, S., Geenen, D. & Scheuer, J. Effects of chronic dobutamine
501 administration on hearts of normal and hypertensive rats. *Circulation research* **63**, 173-181
502 (1988).

503

504

505

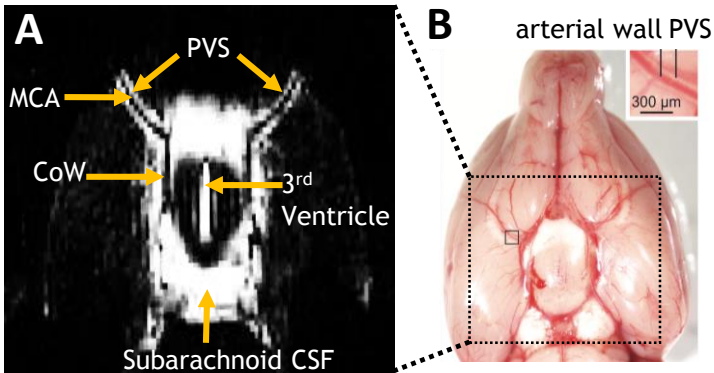
506

507

508

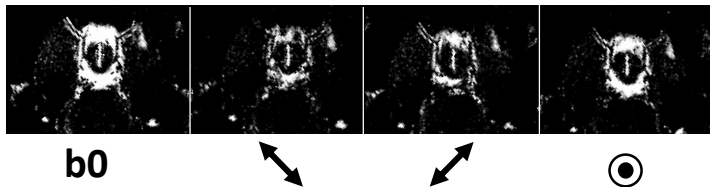
509

Figure 1

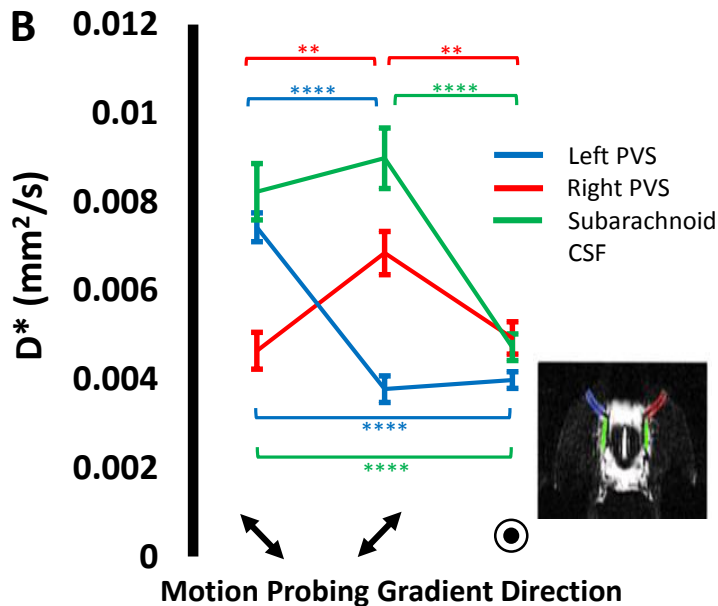


A. Example b0 MRI image. The position and orientation of the imaging slice is adjusted to optimally visualize the perivascular space (PVS) around both branches of the MCA. Bright signal can be observed from fluid filled compartments: CSF in the subarachnoid space around the Circle of Willis (CoW); fluid in the perivascular space that surrounds the MCA; the ventral aspect of the third ventricle.

B. Photograph of the ventral aspect of the rat brain surface illustrating a putative PVS surrounding the middle cerebral artery (MCA) (reproduced with permission from Lochhead *et al.*, 2015).

A**Figure 2**

A. Example b0 and 'diffusion weighted' images acquired with the motion probing gradients applied in 3 orthogonal directions respectively.

B

B. The mean D^* calculated within ROIs [see insert] in the right perivascular space (red), left perivascular space (blue), subarachnoid space (green) with the motion probing gradients applied in three orthogonal directions (+/- SEM).

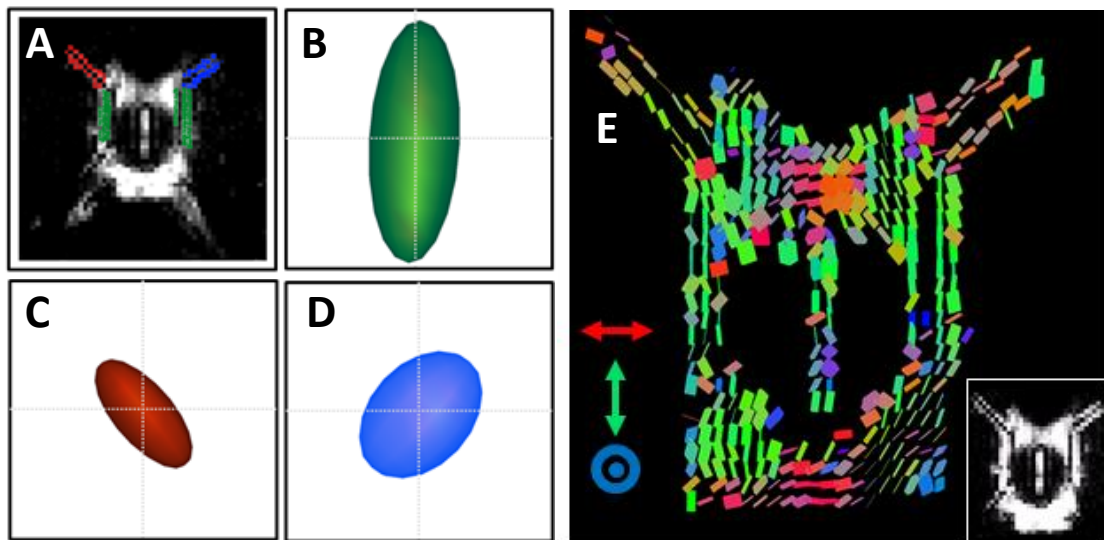
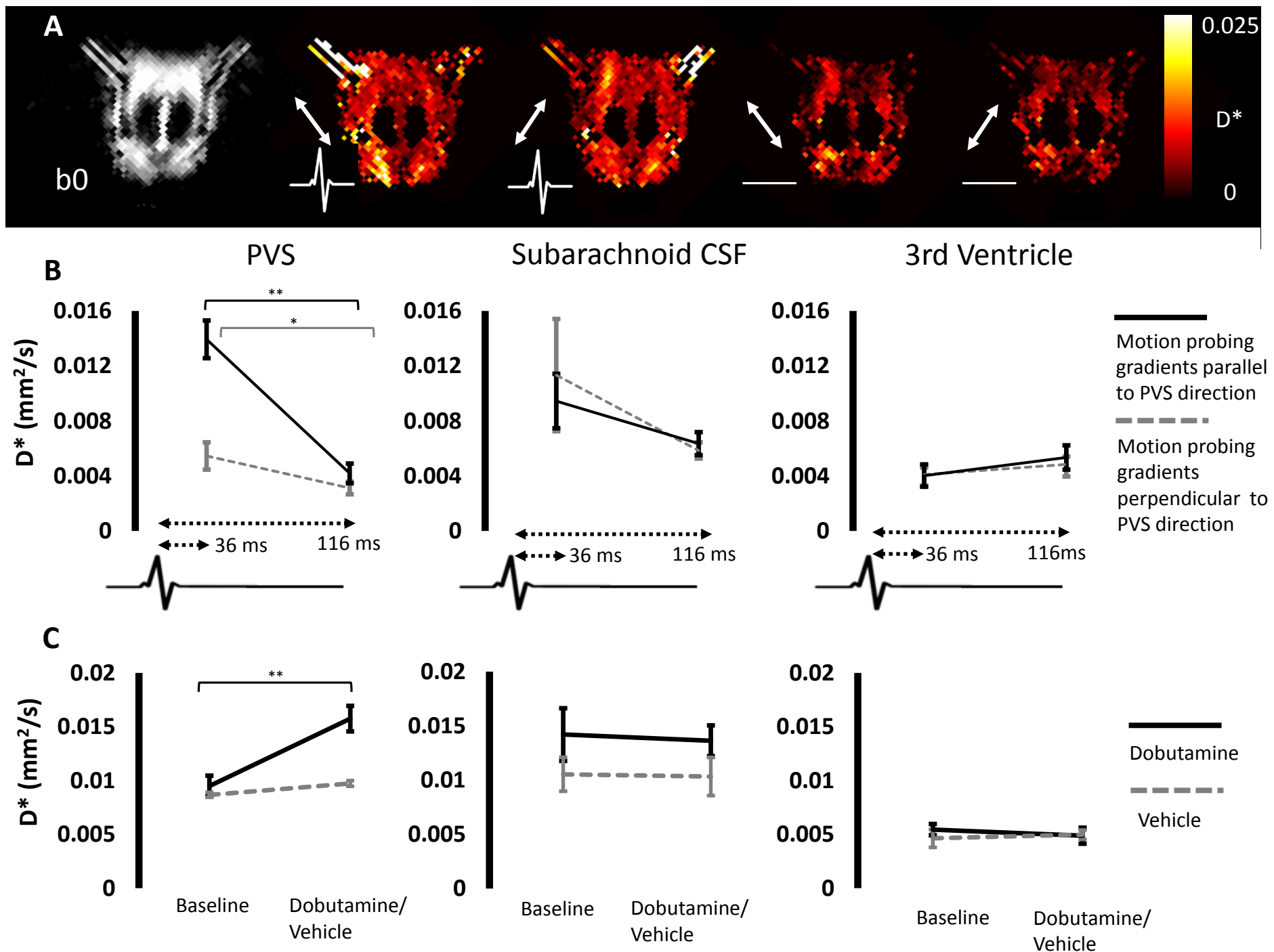


Figure 3

A. b0 image with ROIs in the right and left PVS and subarachnoid space highlighted in blue, red and green respectively. The mean pseudo-diffusion tensor ellipsoid within the subarachnoid space ROI (**B**) and right (**C**) and left (**D**) PVS respectively across the 6 rats. The pseudo-diffusion tensors for each individual animal are shown in Figure 3-figure supplement 1. **E.** Example map of pseudo-diffusion tensor ellipsoids with corresponding b0 image (insert)



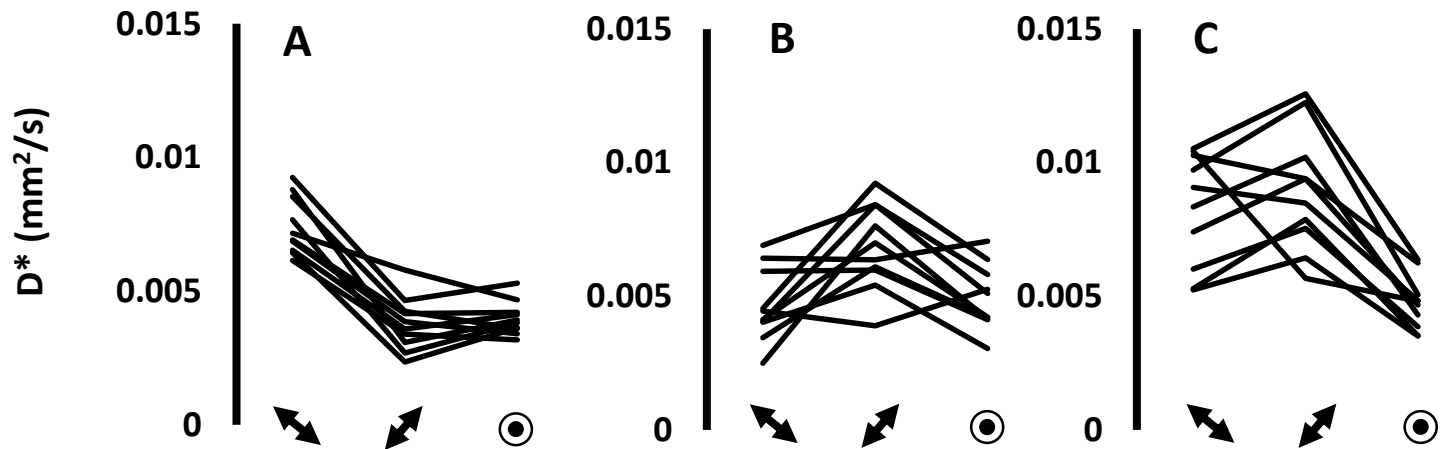


Figure 2 – figure supplement 1

The individual animal D^* calculated within ROIs in the right perivascular space (A), left perivascular space (B), subarachnoid space (C) with the motion probing gradients applied in three orthogonal directions (x-axis). Each line represents an individual animal (n=10).

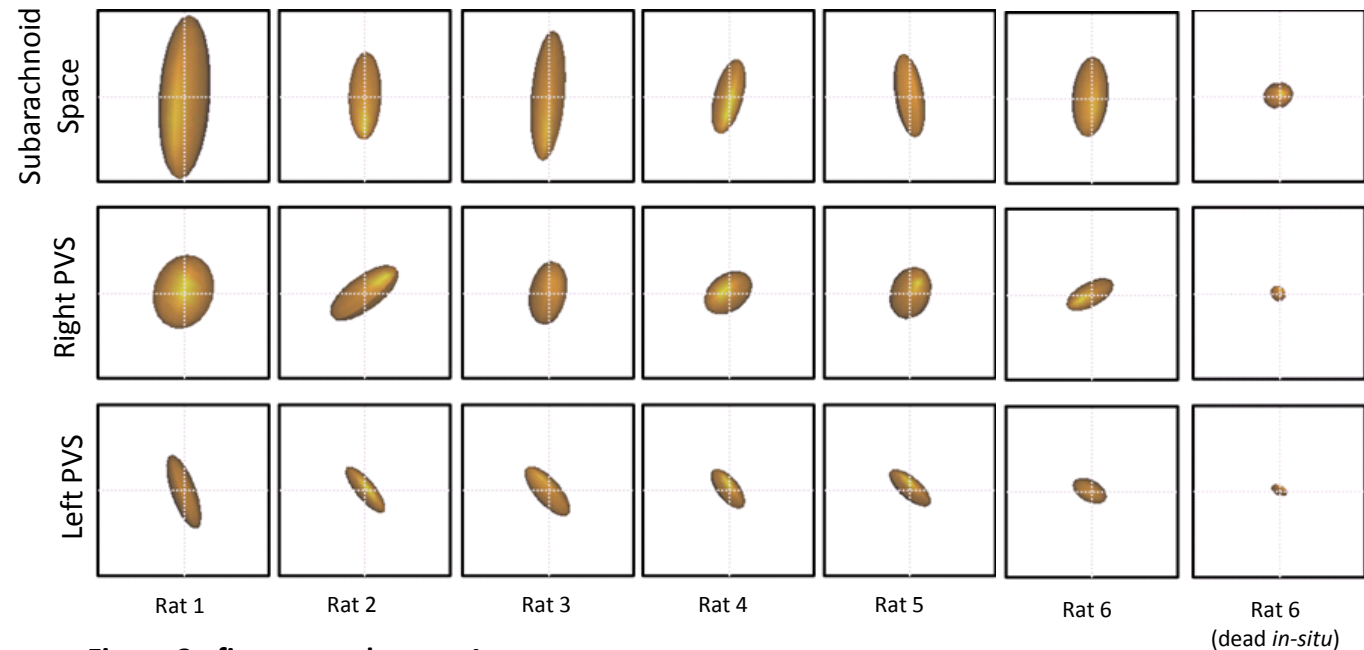


Figure 3– figure supplement 1

D* tensors within the left and right perivascular space (PVS) and subarachnoid space ROIs for each of the individual subjects imaged in part ii). The corresponding D* tensor for the dead brain is also shown.

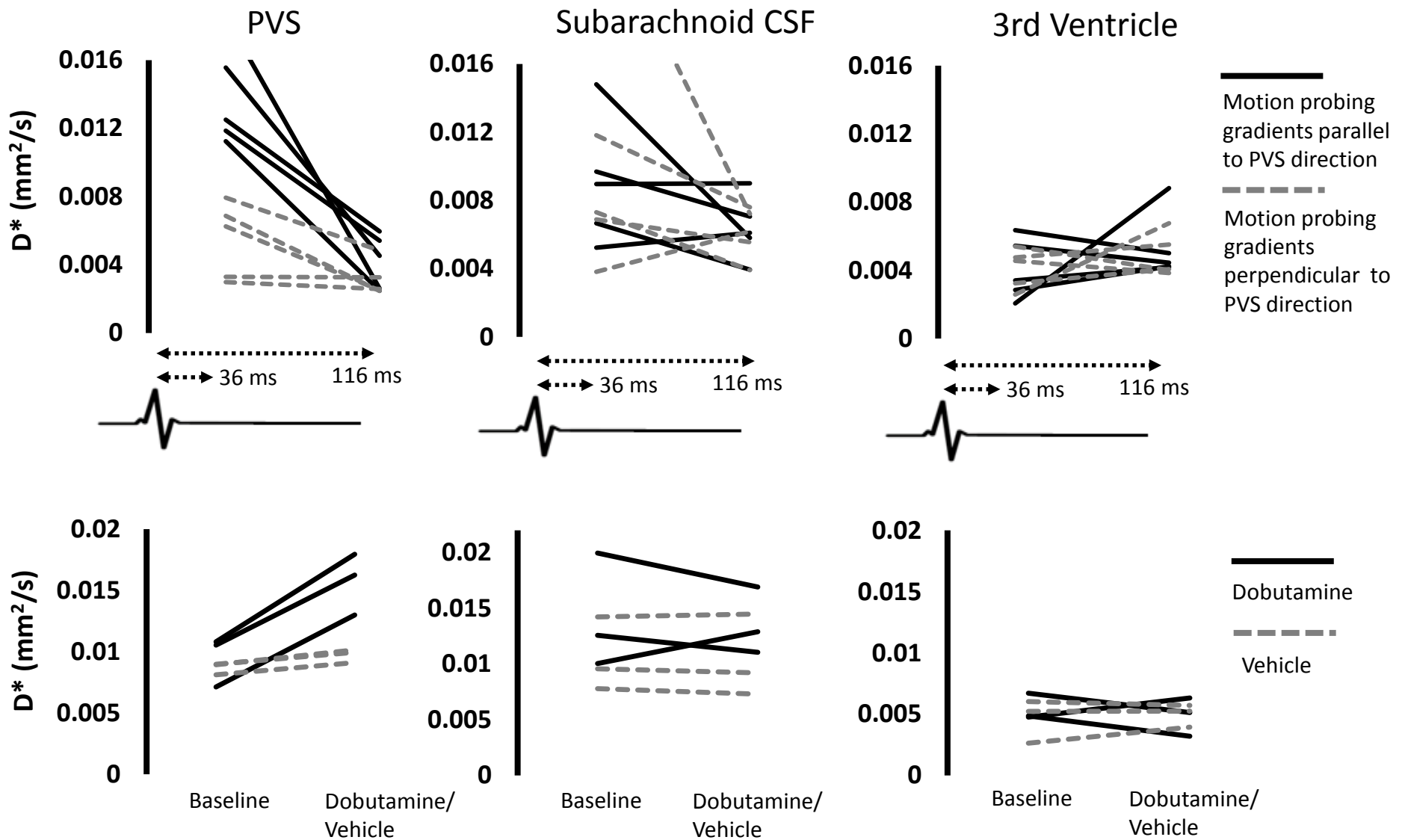


Figure 4 – figure supplement 1

A. The individual animal D^* during arterial pulsation and diastole respectively within the three ROIs for MPG applied parallel (black line) and perpendicular to (grey dashed line) PVS orientation. **B.** The mean D^* at baseline and after dobutamine (black line) or vehicle (grey dashed line) within the same ROIs (non-gated). Each line represents an individual animal.