



## MRI

### What is magnetic resonance imaging (MRI)?

MRI, or magnetic resonance imaging, is an imaging exam that is used to diagnose potential medical problems in many different parts of the body. In general, MRI creates pictures that can show differences between healthy and unhealthy tissue. Doctors use MRI to examine the brain, spine, joints (i.e., knee, shoulder, wrist, and ankle), abdomen, pelvic region, breast, blood vessels, and other body parts.

MRI does not use radiation but requires specialized equipment that uses a powerful constant magnetic field and radiofrequency energy or radio waves and a computer to create pictures of internal body structures.

### Preparation

Please bring you medication list with you to your exam.

There is no special preparation necessary for the MRI examination. There are no food or drink restrictions prior to the MRI exam. Continue to take any medication prescribed by your doctor unless otherwise directed.

**MRI or MRA Kidneys, MRCP, Liver or Pelvis:** Do not eat or drink anything **four** hours before the exam.

**Enterography:** Do not eat or drink anything **twelve** hours before the exam.

If you are diabetic, please discuss this preparation as well as your diabetic medication with your doctor before the day of the test.

**All other exams:** No preparation is required.

You will not be allowed to wear anything metallic during the MRI exam, so it is best to leave watches, jewelry or anything made from metal at home.

In order to prevent metallic objects from being attracted by the powerful magnet, certain exams will require the patient to wear a gown during the examination. Items that need to be removed by patients prior to entering the MRI room include:

- Purse, wallet, money clip, credit cards, cards with magnetic strips
- Electronic devices such as beepers or cell phones
- Hearing aids
- Metal jewelry, watches
- Pens, paper clips, keys, coins
- Hair barrettes, hairpins
- Shoes, belt buckles, safety pins

Before the MRI exam, the patient will be asked to fill out a screening form asking about any metal that may be implanted in the patient's body.

Check with the MRI technologist if you have any questions or concerns about any implanted object or health condition that could impact the MRI procedure at 369-7902. This is particularly important if you have undergone surgery involving the brain, ear, eye, heart, or blood vessels.

Patients who are claustrophobic may require sedation prior to the MRI exam. Please contact your physician and discuss the use of medication that can be taken after arriving for your MRI. Be aware that you must have someone drive you from the hospital if sedation is used.

**Important Note:** If you are pregnant or think that you could be pregnant, you must notify your physician prior to the MRI procedure.

MRI exams are scheduled by calling 398-6794.

## **What Happens During the Test?**

Patients should arrive 30 minutes before the scheduled appointment time and register at the outpatient registration desk which is located at the west end of the hospital, near the emergency department. After registering, patients are to go to MRI which is located on level B just off the emergency department elevators and to the left.

The MRI examination is performed in a special room that contains the MRI scanner. You will be asked to lie down on a padded table. The table will be raised and slides into the scanner. Patients are required to wear ear plugs or headphones to protect their hearing from the loud knocking noises that the scanner produces to create the images.

For some MRI exams, an IV dye or contrast called gadolinium may be injected into a vein to better define the area being imaged. Unlike IV dye or contrast that is used in x-ray studies, the MRI contrast does not contain iodine and therefore rarely causes allergic reactions or other problems.

The most important thing for the patient to do is relax and lie still. Patients are asked to remain perfectly still during the time the imaging takes place. Patients may breathe normally, however, for certain exams, it may be necessary for you to hold your breath for a short period of time. During an MRI exam, the MRI technologist will be able to speak to you, hear you, and observe you at all times.

Most MRI exams take between 15 to 45 minutes to complete depending on the body part imaged. Some exams may take 60 minutes or longer, the technologist will inform the patient prior to the exam of the approximate time the exam will take.

When the exam is finished, the patient may be asked to wait until the images are examined to determine if more images are needed. After the scan, the patient will have no restrictions and can go about normal activities.

The images that are taken for the MRI exam will be interpreted by a radiologist who is a specially trained physician and a report will be done and is sent to the patient's ordering doctor. Patients should contact their doctor to go over the results and discuss any treatment needed.

## **Who interprets the results and how do I get them?**

A radiologist will review the images shortly after the exam is completed. A written report will be sent to your doctor. Your doctor will discuss the results with you. Please allow your physician the time needed to review these results.

## **Outpatient Instructions**

Please register at the Outpatient Registration desk at the West Entrance. After registering, testing will be done in the MRI Department on Level B. Please use the elevators past registration on the left.

Name \_\_\_\_\_

Exam date/time \_\_\_\_\_