

MRI EXAM PREPARATION



IT IS IMPORTANT THAT YOU FOLLOW THESE INSTRUCTIONS.

How to Prepare For Your Appointment

+ Medications

It is important for you to keep to your regular medication schedule. Just let our staff know what medications you have taken prior to your MRI Exam.

+ Food and Drink

You may eat or drink anything you like before a typical MRI test. If a contrast agent will be used in your exam then you may be asked not to eat or drink anything.

+ When To Arrive

Please arrive 15 minutes prior to your MRI appointment time. You will be asked to fill out an MRI screening form and other paperwork.

+ What to Wear

You most likely will change into our gown. You will be asked to remove all jewelry, hearing aids, glasses and any other metallic objects. We provide lockers for your belongings.

You should not have your credit cards in your pockets during the scan because the MRI magnet can affect the magnetic strip on the card. Patients who are having a brain / head scan should not wear make-up as some brands contain metal.

Please Let Us Know



- If you are pregnant or possibly pregnant or breastfeeding
- if you have a pacemaker, brain aneurysm clips, heart clips, ear implants, cochlear implants or any other implanted devices or prostheses
- if you have any metallic foreign bodies in your body, including shrapnel
- if you have had eye surgery
- if you suffer from claustrophobia
- If you have eye surgery

MRI - Magnetic Resonance Imaging

A MRI scanner uses magnetic fields, radio waves and a computer to take pictures of the inside of your body.

What to Expect During Your Exam



+ Scanning

Your technologist will bring you into the MRI scan room where you will lie down on the patient table. The technologist positions the part of your body to be scanned in the middle of the MRI machine.

+ Contrast Agent

Depending on the part of your body to be scanned, you may be given a contrast material (a special dye) called gadolinium through an intravenous (IV) line. For your safety you may need to have a blood test prior to having the contrast to make sure your kidneys are functioning normally.

+ Remaining Still

The most important thing for you to do is relax and remain still. When the MRI procedure begins, you may breathe normally, however, for certain examinations you may be asked to hold your breathe for a short period of time.

+ Exam Time

An MRI scan takes between 45 and 60 minutes to complete, that is including paperwork and preparing hard copies of the scan images for your doctor.

+ Noise

During the scan you won't feel anything, but you may hear intermittent humming, thumping, clicking, and/or knocking sounds when the scanner is producing images. These noises are normal and hearing protection such as earplugs or headphones will be provided.

+ Results

Your MRI will be read by a radiologist trained to read the images and a report will be sent to your physician within 24 hours after your exam. A CD of the exam images will be provided to you right after your examination.

After the MRI Scan

You will be able to go soon after the MRI is finished and can continue with normal activities.

If you had 'Contrast Agent':

- The dye will pass out of your body in your urine. You will not notice it as it is colourless,
- Drink plenty of fluid to help get rid of the dye.