

# MRI Scan

A magnetic resonance imaging scan, or MRI, is an imaging machine that uses a large magnet, a computer, and radio waves to look inside and evaluate various parts of your body. Having an MRI scan is painless and requires minimal preparation.

- Please leave all personal belongings, especially jewelry, money, credit cards, etc., at home on the day of the test.
- Please be sure to let your doctor and nurse know if you have any allergies.
- Please let your doctor know if you are pregnant or on dialysis.
- Everyone will be changing into a gown/scrubs and removing undergarments.
- Please let your ordering provider know if you have a pacemaker or any electronic implanted devices.

## How to Prepare for Your MRI Scan

**MRI Scan:** Although most scans are completed within 1 hour, please allow up to 2 or 3 hours for your exam. Time will depend on the prep time for your study and whether you will need additional imaging. You will need to remove all jewelry/metal before your exam.

**Implants and Devices:** The following items may interfere with MR imaging or they may be hazardous to your safety: Cardiac pacemaker or defibrillator, neuro-stimulator, copper IUD, breast tissue expanders, internal pacing wires, shrapnel, bone stimulator, brain or aneurysm clips, internal pain pump, insulin pump, programmable shunt, or chemo/transdermal/diabetic patch. If you have **any** of these items, please call the MRI department at **716-845-1300 x3650** at least 7 days before your appointment and tell us the make and model of your device. Also, please bring your device ID card to your appointment.

**Women:** If there is ANY chance you are pregnant, let your doctor know **before** the preparation/scan.

**Medications:** Please take your prescription medications as usual, with a small amount of water. There is no need to skip your regularly scheduled medications on the day of your scan.

**Claustrophobia:** If you have trouble in confined spaces, please have your physician prescribe an anti-anxiety medication to take the day of the study. For your safety you will be required to have a designated driver to drive you home once the study is complete.

**IV Contrast:** Most MRI exams will require intravenous contrast unless you have an allergy to MRI contrast (**not** CT contrast), or the radiologist decides it is not needed. (If you have an allergy to the contrast, tell the doctor ordering the scan and the MRI department **before** your scan appointment).

**Eating/Drinking Restrictions:** See chart on next page for instructions on how to prepare for the specific type of MRI you are having.

Scan	Instructions
MR Enterography	Please arrive 2 hours before your appointment so oral contrast can be given. Do not eat for 4 hours before your appointment. You may have water.
MRCP	Do not eat for 6 hours before your appointment. You may have water.
MR Urogram	Please empty your bladder 1 hour before your appointment. Do not eat for 4 hours before your appointment. You may have water. The radiologist or nurse may give medication during your exam.
MR Rectal or MR Prostate	Do not eat for 4 hours before your appointment. You may have water. <b>Give yourself 1 Fleet enema 1 - 2 hours before your scan. (Note: If you have kidney disease, please ask your doctor if it is okay to use the Fleets enema before using it.) You can buy Fleet enemas without a prescription.</b> The enema will help us distinguish the anatomy of the area during the scan. Please follow package instructions.
MR Abdomen & MR Pelvis	Do not eat for 4 hours before your appointment, if possible. This will improve the image quality of your exam. You may have water.
MR Breast	Please do <b>not</b> eat a full meal before your exam as you will be lying on your stomach for the scan. You may have water.
<b>MR Brain, Neck, Spine, Arm. Leg:</b> No preparation is necessary.	

## The Day of Your MRI

- You will change into a hospital gown and be asked to remove all personal belongings, including anything with metal (i.e., jewelry, bank cards, make up, hearing aids, etc.).
- Let the MRI technologist know if you are hard of hearing without your hearing aide.
- You may need a contrast dye before the exam to improve the quality of the images made by the machine. If so, a nurse will start an IV before or during the exam. You may feel a brief sting in your arm when the IV is inserted.
- The technologist will position you on the scanning table and then move the table to the center of the MRI machine. The inside of the machine is like a giant tunnel that is well lit and open on each end.
- A device called a "coil" will be placed either over or under you. The coil helps to get a clear picture.
- After you are precisely positioned, the technologist will leave the room. The technologist will be able to see and hear you during the test. Let them know if you need help.
- During the MRI scan, you will hear tapping, thumping and other noises. Earplugs or headphones may be provided to help block the noise.
- Try to relax and lie as still as possible. Any movement will blur the picture.

## After the Exam

When scanning is complete, you can return home and resume your normal activities, medications, and diet. The radiologist will interpret the scan and send a report to your physician.