



Valuable information to ensure your exam goes smoothly.

What is an MRI exam?

An MRI (Magnetic Resonance Imaging) exam is a painless test that uses strong magnets and radio waves to create detailed pictures of the inside of your body. It helps doctors look at organs, muscles, and other tissues to find problems like injuries, tumors, or diseases. During the test, you will lie on a table that slides into a large machine that makes noise, you will need to stay still for the best images. The MRI does not involve any radiation, and it usually takes 20-60 minutes.

Pre-Exam Instructions:

Inform the MRI technician or doctor if you have any metal implants, such as

- Pacemakers
- Defibrillators
- Cochlear implants
- Spinal Stimulator
- Metal plates, screws, or rods
- Artificial joints
- Shrapnel or bullets

Some implants may be MRI-compatible, but it's crucial to inform the technician so they can determine if it's safe for you to proceed with the scan.

1. **Arrive 15 minutes early:** Please check in at least 15 minutes before your scheduled appointment time to complete any necessary paperwork.
2. **Clothing:** **Wear comfortable clothing without metal (e.g., no zippers, belts, or jewelry).** You may be asked to change into a hospital gown for the exam.
3. **Avoid Metal Objects:** MRI scans use strong magnets, so please remove any metal items, including jewelry, hairpins, watches, and dentures. **If you have a pacemaker, implants, or other metal devices, please inform us in advance, as we may not be able to do complete your exam at this location.**
4. **Food and Drink:** Unless otherwise instructed, you may eat and drink normally before the MRI. If you are having a contrast MRI, you may be asked to avoid eating for a few hours before the exam—please follow any specific instructions given.
5. **Contrast Dye:** If your MRI requires the use of contrast dye, you may be asked to stay hydrated before the exam. The contrast is injected through an IV. MRI contrast is different than Cat Scan Contrast in that if you are allergic to Cat Scan Dye you can still have an MRI. MRI Contrast is safer on the Kidneys than Cat Scan dye.
6. **Stay Still During the Exam:** It's important to remain as still as possible during the MRI to ensure clear images. The exam can take anywhere from **30 to 60 minutes**, depending on the area being examined.

If you are claustrophobic your physician can prescribe a medication like Valium or Xanax to relax you. (you will need a driver)

If you are extremely claustrophobic your physician can refer you for an Open MRI. These images are not as good as the magnet is weaker, but it is an alternative option to discuss with your doctor.

If you have any questions or concerns, please contact our Radiology department at 845-342-4774 ext 4190