

## MRI Patient Guide and Request Form

### **What is Magnetic Resonance Imaging:**

MRI is one of the safest and most advanced medical imaging techniques available today. The exam uses a magnet to produce electromagnetic waves, which are fed into a computer to produce remarkably detailed pictures. Similar to a car engine, more powerful magnets produce better images.

CNMRI offers state of the art **High-Field Short-Bore Open MRI** scanners.

### **High Field Short Bore Advantages:**

Powerful magnet for best image quality and clarity in the shortest possible time, which is very important in obtaining detailed and accurate diagnosis. Compared to older MRI units, our systems have a much more open and shorter tunnel so many patients do not experience claustrophobia.

Our Open MRI units in Dover and Milford are five times more powerful and four times faster than older scanners. In fact, a brain MRI scan in our Dover Open Unit typically takes about 10-15 minutes compared to other scanners of 45-60 minutes. We also have the ability to perform "fast scans" which typically takes about 3/12 minutes for the entire study. This is a great benefit for patients with severe claustrophobia or movement issues. The almost 30 inch opening is ideal for the larger-size person and for those who feel anxious in confined spaces.

### **What if I am claustrophobic?**

Our MRI technologists are certified, very well trained and experienced in recognizing and intervening with patients with anxiety and claustrophobia. Please be sure to let our staff know if you have special needs.

### **Special Accommodations:**

We will do everything to make you comfortable for your exam, including walk-throughs prior to the examination, headphones for music or special glasses with mirrors. Upon request, a family member may accompany you during your exam. If need be, arrangements can be made for sedation before your exam.

### **MRI Check In:**

Please go to the main entrance of our office for your MRI appointment. Once you are checked in, you will be taken to our relaxation room, to allow you time to enjoy some quiet time until it is time for your study.

### **Who performs my MRI exam?**

Our technologists are registered and have earned advanced certification in MRI. They are selected for their professional competence, as well as for their compassion and the pride they take in their work. Our reputation for quality attracts only the highest caliber of technologist. Prior to your exam, our team reviews the clinical information given by the referring physician, allowing us to tailor your exam to your specific needs.

### **Are there any restrictions?**

Yes, there are restrictions, however, nearly everyone can have an MRI. There are instances where scans cannot or should not be performed. For example,

- Pacemaker or artificial heart valve
- Some cerebral aneurysm clips
- Cochlear (ear) implant
- Some recent surgical procedures
- Metal fragments in the eye
- Some metal, electronic, or other materials implanted within your body

### **What If I'm pregnant?**

Pregnant patients in the first trimester should not be scanned unless there is a serious medical condition to warrant the examination.

### **What can be brought into the Scan Room?**

Any item you would expect to set off an airport metal detector should NOT be brought into the Scan Room. This includes, but is not limited to the following items:

- Keys or coins
- Jewelry and watches
- Cell phone, pager or calculators
- Hair pins or safety pins
- Hearing aids
- Lighter, Pocket knife
- Credit cards
- Transdermal medication patch

### **Personal Items:**

Although your eyeglasses and dentures may be worn into the scan room, the technologist may ask you to remove them for your exam. You may be asked to change into a gown prior to the examination.

**What if I have a history of working around metal?** Please notify our staff immediately if you have ever performed or been exposed to welding, grinding, filing, sawing or drilling metal ANY TIME IN YOUR LIFE

**Is there any special preparation needed before my scan?** You should maintain your usual meal schedule and continue to take your medications as prescribed unless otherwise instructed. If your MRI scan is scheduled to follow your normal mealtime, you may consider eating a light meal if lying down after you eat causes discomfort.

**Will I be given a sedative?** Please let us know if you are claustrophobic or anxious. Your doctor may prescribe a mild sedative to help during the study. Patients who are sedated for their exam MUST arrange safe transportation to and from the Center.

**What will I experience during my MRI exam?** MRI is a very advanced medical technique and is one of the easiest and most comfortable exams you may experience. The technologist will simply ask you to lie on a cushioned table, which will move within the magnet. A coil may be placed on or near the area to be scanned. The technologist will leave the magnet room, but will be in contact with you throughout the study both visually and with an intercom.

High-field MRI scans usually take 10 to 15 minutes while an older or 'open' scan may be 45 to 60 minutes.

It is very important that you remain motionless and relaxed while the images are being obtained. You will be given a squeeze bulb to use if you need to contact the technologist during your scan. You may also request music during your examination. During the imaging process you will hear intermittent humming, knocking, and other sounds. You may request a headset to muffle the sounds or to listen to music.

**What happens after my exam?** You may resume your regular activities. A report will be sent to your physician, who will discuss your results and what they mean in relation to your health.

**What if I need to cancel my appointment?** Please notify us as soon as possible or at least 24 hours in advance, if it is necessary to cancel your appointment.