

General things for you to consider in any diagnostic imaging suite. Here's what you can do to make your experience a better one:

- Avoid wearing lots of cosmetics; perfumes, hair sprays, body piercings, and jewelry.
- Keep your valuables at home.
- If you are anxious, bring a friend or family member. They may not be able to be with you during your exam, but knowing that they are in the lobby area will help you relax.
- If your doctor has prescribed you oral sedation, you need to have a person that can drive you to and from our center.
- If you have questions, please ask. We want your experience to be beneficial and comfortable. Our technologists and staff are more than willing to help you.
- If you are able to eat before your exam, avoid foods and beverages that may make you anxious such as caffeinated beverages, high sugar foods, alcohol, and high-energy bars.

### MRI and Upright MRI Scans

#### Key things to remember if you are having a MRI scan:

- **For your safety! Pacemakers and other devices may be damaged if brought in the MRI room.**
- Keep meals 'lite' and avoid caffeinated beverages before your appointment.
- Take your medications as usual.
- Arrive 30 minutes before your scheduled appointment.
- If your MRI is with an injection of contrast and you are 65 years or older and/or diabetic, you need to have blood work within 6 weeks of your appointment.
- Relax and hold still during your exam as best as you can.

MRI, or 'Magnetic Resonance Imaging', is an advanced imaging technology that uses magnetic fields and radio waves to create detailed images of the tissues (brain, muscles, cartilages, etc.) of the body without the use of X-rays. Exam times can range from 30-45 minutes depending on the test ordered. MRIs with an injection of contrast can take 50-75 minutes.

Because of the high field strength of the magnetic field, it is important for you to understand that certain medically implanted devices, such as cardiac pacemakers (PPM),

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automatic internal cardiac defibrillators (AICD), and other various other devices will prohibit you from having a MRI. If you have any devices implanted in your body, please notify the front office staff. You will be given a final safety checklist that lists many potential devices and medical history questions that may pertain to you. It is important that you answer these questions honestly and completely.

Arrive one half hour before your scheduled appointment time. Keep meals 'lite' before your MRI. You may take your prescribed medications as normal or as advised by your doctor. Prior to your MRI scan a technologist will ask you to remove jewelry and clothing that is not suitable for the MRI scanner. We have lockers for your possessions. During the MRI scan, it is important to remain very still and relaxed. If you are moving while in the scanner the technologist will have to rescan whole series of images if they are blurry from your movements. Do your best to hold still while being scanned.

If your exam necessitates an IV injection of contrast, blood work dated within the last 6 weeks may be required. If you are 65 years of age or older, have diabetes, high blood pressure, history of liver, heart, or kidney disease, or a personal history of cancer, we require your BUN and creatinine levels to be on file with our office before your scheduled appointment.