

Preparing for an MRI Scan

MRI stands for Magnetic Resonance Imaging. This is a test that uses a powerful magnet and radio waves to take pictures of the inside of my body. These pictures are then sent to a computer for doctors to look at. MRIs are safe and painless, though I may be nervous during the scan. The only thing I need to do is keep very still while the MRI machine takes pictures. I will go to a special clinic or hospital to do this test. Here are some things I can do to prepare for an MRI scan:

- ☐ Ask lots of questions and let my doctor know if I am afraid of tight or small spaces.
- ☐ During the MRI, I will be lying in tube-shaped machine. It may take up to an hour but sometimes more to complete the test.
- ☐ Because an MRI is a large magnet, I will be asked to remove any jewelry and other metal items before entering the MRI machine.
- ☐ On the day of my MRI, I should arrive at least half an hour before the test. Bring a book or something to occupy myself while I wait.
- ☐ Bring a friend, family member or someone I trust to come with me. Ask if it is possible to have them in the room with me during the scan.
- ☐ Expect a lot of noise. While I am in the MRI machine, I will hear loud thumping noises as the machine takes pictures. The technician can give me headphones or earplugs to help with the noise.
- ☐ In order to take good pictures, I will need to lie very still during the MRI. I will be able to hear and talk to the technician in the other room.
- ☐ Some people may need sedation for their MRI. The doctor may also need to use a contrast dye to better see some parts of the body. If so, the dye will be inserted into a vein using a small needle.
- ☐ Contrast dye is like a highlighter for the inside of my body. It won't hurt, but after a few seconds my body might feel cold and I might taste something weird in my mouth. I might also feel like I peed in my pants. But this is totally normal and the feeling will go away in less than a minute.

Would I like to learn more about MRIs?



Do I want to watch a video?

<https://www.youtube.com/watch?v=GCUGED8pmBE>



Do I want to read a booklet or look at pictures?

https://www.easyhealth.org.uk/wp-content/uploads/2020/03/having_an_mri_scan.pdf
or <https://www.easyhealth.org.uk/wp-content/uploads/2020/03/MRIscan.pdf>