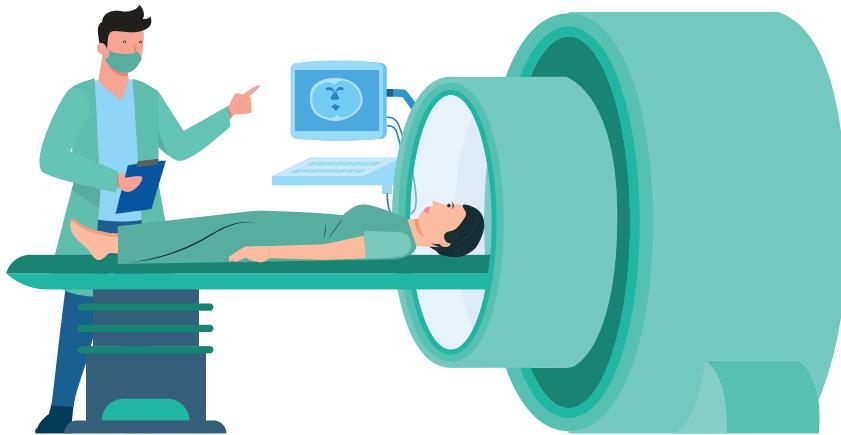


Your MRI Scan Experience



This booklet will take you through the
MRI Scan diagnostic imaging procedure.

We want to ensure that you receive the highest level of healthcare. This means keeping you educated and informed about what is involved in the different stages of your diagnostic procedure. If you have any questions or concerns, please speak with your doctor or medical technician.

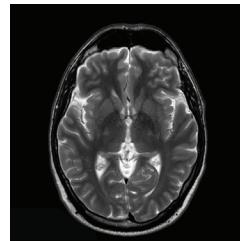
What is an MRI?



Magnetic Resonance Imaging (MRI) is a scan that uses a magnetic field and radio waves to create detailed images of the organs and tissues in your body to evaluate, diagnose, and monitor several different medical conditions.

Why is an MRI Needed?

You may require an MRI Scan if your doctor needs a clearer picture of your brain, spinal cord, nerves, muscles, ligaments, and tendons than regular X-rays and CT scans can provide.



Types of MRIs

There are different MRIs to help evaluate and diagnose various medical conditions.

- Brain and Spinal Cord MRIs
- Cardiac MRIs
- Body MRIs
- Breast MRI
- MRIs of Bones and Joints

Contrast MRIs

You may be advised that your MRI needs contrast. This contrast helps the medical team see tumours, inflammation, infection, and blood supply to certain organs and blood vessels. There are different types of contrast, namely oral, IV, and rectal. Your medical team will advise which you will be receiving.

If you are advised that your MRI will need contrast, a creatinine blood test is required within 30 days before the MRI examination for:

- Patients who are 70 years or older,
- Patients who are diabetic (insulin and non-insulin-dependent types), and

- Patients who have a history of kidney insufficiency/kidney masses/single kidney.

During an MRI with contrast, you might experience the following sensations:

- Warmth throughout your body
- A warm feeling between your legs, similar to urination
- A metallic or salty taste in your mouth
- A brief headache
- Itching

What are the Risks of an MRI Scan?

The risk from an MRI Scan is very low, as the magnetic field is not harmful to you. If you need an MRI with contrast dye, in rare cases there is a small risk of an allergic reaction to the dye. Make sure you discuss any allergies with your medical team.

Who will be involved in the MRI Scan?

Your MRI Scan will include a few team members.

- **Radiology Technologist** who will assist you onto the MRI couch, position you correctly, and start the scan, as well as monitor your safety throughout the procedure;
- **Radiologist**, the Medical Doctor who will report on the MRI scan; and a
- **Nurse** who will assist the team at any point and insert an IV cannula and contrast if needed.

This is what you can expect when you come to Health City for an MRI Scan.

Step 1 When you arrive at Health City, you will check in at Reception.

Step 2 A member of the Health City team will escort you to the diagnostic wing.

Step 3 The Radiology Technologist will ask you to read and sign a consent document for the MRI Scan. You will need to sign a second form if you require contrast. At this time, you will be asked to drink a certain amount of oral contrast (if necessary).

Step 4 You will be instructed to change into a patient gown and remove any items that may contain metal.

- All jewellery including watches
- Eyeglasses
- Hairpins/Barrettes containing metal
- Dentures
- Hearing aids
- Underwire bras

The radiology team member will then accompany you to the MRI scanner room. The nurse will insert an IV cannula (if necessary).

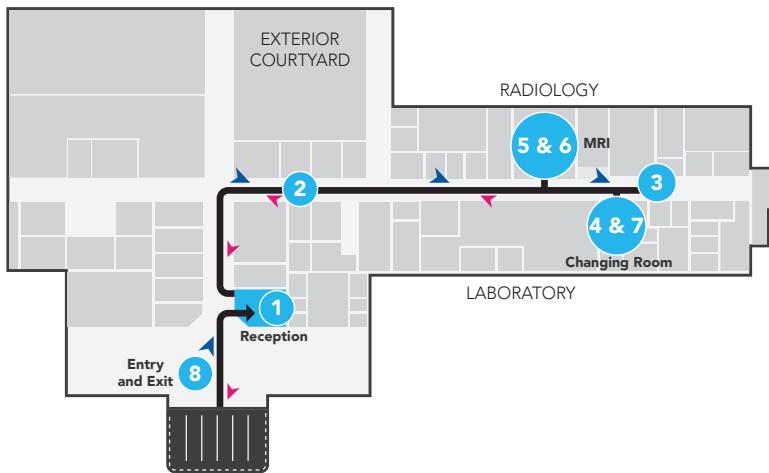
Step 5 An MRI scanner is a large tube with holes on either end. You will be placed on a moveable table that slides into the tube while a radiology team member monitors you from another room. The MRI machine makes a lot of noise while the procedure is taking place. Many patients opt to bring earplugs and listen to music or books on tape during the process. Please ask the Radiology Technologist if this is permitted. MRI scans vary in time, but some can be quite lengthy, taking several hours depending on the area needed for imaging.

Step 6 Once the imaging has been completed, the radiology team member will assist you off the couch.

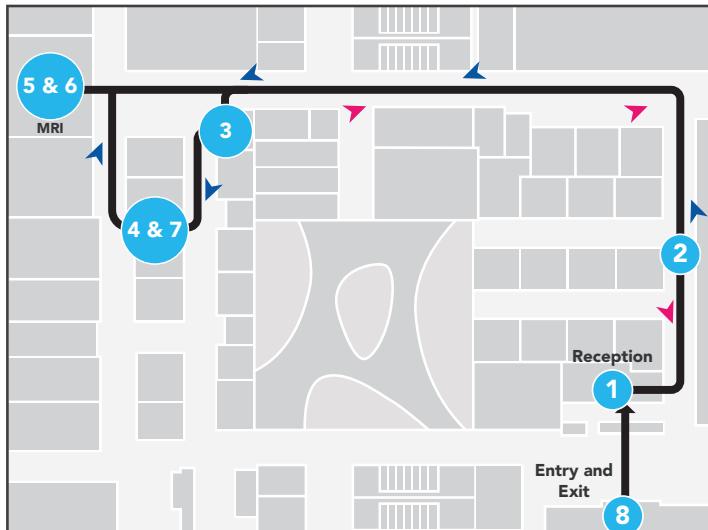
Step 7 You may get changed back into your clothes.

Step 8 You may exit the department/hospital. Your MRI report will be sent to the ordering physician within 48 hours. Please ensure you have your follow-up appointment booked after.

HEALTH CITY EAST END



HEALTH CITY CAMANA BAY



FAQS

These are some frequently asked questions about MRI Scans.



Q: Do you stay awake for an MRI Scan?

A: Most persons are awake for their MRI Scan. Children may have general anaesthesia (a controlled loss of consciousness, like sleeping) to ensure they keep still during the procedure. If you have claustrophobia or anxiety about the MRI Scan, please ask your doctor beforehand if they can prescribe you a mild sedative.

Q: Are MRI Scans painful?

A: Magnetic fields and radio waves provide an internal reading of your body, used to detect things like brain tumours or brain cancer, chronic conditions, and other abnormalities. The procedure, however, is painless as you do not feel the magnetic fields.

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