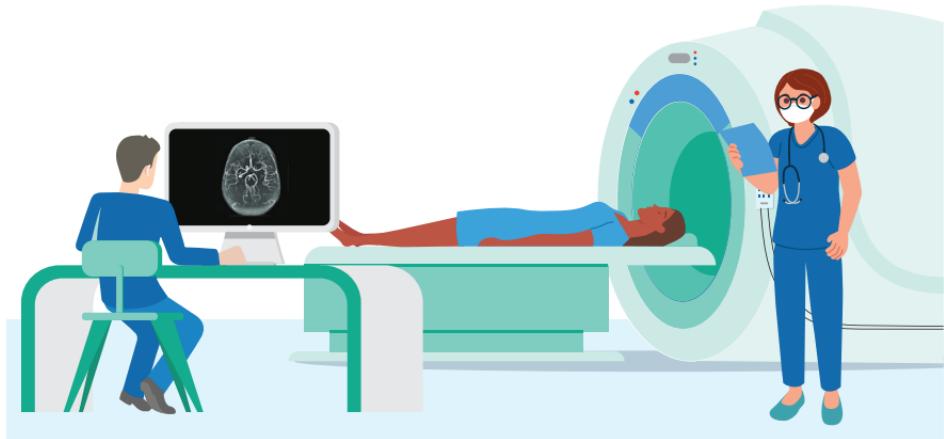


Magnetic Resonance Angiography



This booklet will take you through the Magnetic Resonance Angiography (MRA) 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 MRA. If you have any questions or concerns, please speak with your specialist or medical team.

Understanding Magnetic Resonance Angiography

Magnetic Resonance Angiography (MRA) is a type of Magnetic Resonance Imaging (MRI) Scan that uses strong magnetic fields and radio waves to create detailed images of your blood vessels. It helps doctors identify narrowing, blockages, aneurysms, or other abnormalities without the need for invasive surgery.

It is often used to:

- Examine arteries in the brain, neck, chest, abdomen, and legs
- Detect aneurysms or vascular malformations
- Evaluate narrowing or blockages caused by atherosclerosis
- Assess blood flow after surgery or stent placement.

Why It Is Done

An MRA provides clear, detailed images of your blood vessels without exposure to ionising radiation. In some cases, contrast dye (gadolinium) is used to enhance the images.

Common reasons include:

- Investigating stroke or transient ischaemic attack (TIA)
- Assessing suspected aneurysm or vascular malformation
- Detecting narrowing or blockages in arteries
- Monitoring known vascular disease.

Types of stroke



Ischemic
stroke

Hemorrhagic
stroke

Transient
ischemic attack

Preparing for Your Procedure

What to Tell Your Doctor

Let your care team know if you:

- Have a pacemaker, metal implants, or surgical clips
- Have had previous allergic reactions to MRI contrast dye
- Have kidney problems (as contrast dye may not be suitable)
- Are pregnant or may be pregnant
- Experience claustrophobia or anxiety in enclosed spaces.

Pre-Procedural Instructions

Your team will give you detailed instructions, which may include:

Instruction	Details
Fasting	Not always required. If contrast is used, you may need to avoid eating for 2–4 hours.
Medications	Most medications can be continued, but check with your doctor.
Metal Objects	Remove jewellery, piercings, watches, or clothing with metal fastenings.
Consent	You will sign a consent form, especially if contrast dye is used.
Sedation	If you are anxious, mild sedation may be offered; arrange transport home if this is the case.

Packing for the Hospital

Bring the following on the day of your procedure:

- A list of current medications and allergies
- Photo ID
- Comfortable clothing without metal zips or fasteners
- Any required hospital paperwork.

Leave valuables at home.

The Day of Your Procedure

On Arrival

- Check in at the admissions desk.
- A staff member will confirm your details and review your safety questionnaire.

Before the Procedure

- You will change into a hospital gown if required.
- An intravenous (IV) line will be placed if contrast dye is needed.
- The radiographer will explain the process and answer any last questions.

What to Expect During the Procedure

Step-by-Step Overview

STEP 1 Positioning

- You will lie on a motorised table that slides into the MRI scanner.

STEP 2 Scanning

- The scanner uses magnetic fields and radio waves to take images.
- Loud tapping or knocking sounds will be heard; you will be given earplugs or headphones.
- You will need to remain very still. At times, you may be asked to hold your breath for a few seconds.

STEP 3 Contrast Injection (if needed)

- A contrast dye will be injected through your IV line to enhance blood vessel images.

STEP 4 Completion

- The Scan typically takes 30–60 minutes.
- Once complete, the IV line is removed, and you may get dressed.

Recovery After the Procedure

In the Hospital

- You can usually go home immediately after the Scan.
- If contrast dye was used, you may be asked to drink plenty of fluids to help flush it out.
- If you received sedation, you will need someone to accompany you home.



Caring for Yourself at Home

Timeframe	What to Do / Watch For
First 24 Hours	Resume normal activities unless told otherwise.
After Contrast	Drink extra fluids to help clear the dye from your system.
After Sedation	Rest and avoid driving, operating machinery, or signing important documents.

When to Seek Medical Attention

Contact your care team or go to the Emergency Room if you experience:

- Severe allergic reaction (rash, swelling, difficulty breathing) after contrast injection
- Persistent pain or swelling at the IV site
- Dizziness, chest pain, or unusual symptoms following the Scan.

Follow-Up Appointments

- Your doctor will review the Scan results and discuss them with you.
- Follow-up may include further imaging, specialist referral, or treatment.
- Results are typically available within 1–2 weeks.



FAQs

These are some commonly asked questions about Magnetic Resonance Angiographies.

Q: Will it hurt?

A: The Scan itself is painless. You may feel minor discomfort if contrast dye is injected.

Q: How long does the Scan take?

A: Most MRAs take 30–60 minutes, depending on the area being examined.

Q: Are there any risks?

A: MRA is very safe. Rare risks include reactions to contrast dye or complications with implanted medical devices.

Q: Can I eat afterwards?

A: Yes, you can return to your normal diet unless instructed otherwise.



Health City Patient Support
info@healthcity.ky

Health City Connect App
 healthcity.ky

 **HEALTH CITY**
+1 345 640 4040
 1283 Sea View Road,
Grand Cayman, Cayman Islands