

# Preparing for your MRI Exam

Bring your insurance card, picture ID (usually a driver's license or school ID), and your doctor's referral form if this was given to you at the office.

You will be screened multiple times throughout the scheduling/check in process regarding your medical history. This is to ensure your safety when entering the exam room. You may be asked to change into a gown depending on your exam or you may be allowed to wear your own clothing if it is loose fitting and has no metal fasteners.

Guidelines about eating and drinking before the MRI exam vary with specific exams. Unless told otherwise, you may follow your regular diet.

Certain exams may require you to swallow a contrast medium or receive an injection of contrast into your bloodstream. If you are to receive an injection and are age 60 or over, diabetic or have a history of kidney disease you will be required to get a blood test prior to coming for your exam to evaluate your kidney function.

If you are having a brain or neck exam, you will be asked to remove any removable dental work.

Bring your favorite music to listen to during the exam either on a CD, IPOD or MP3 player.

Jewelry and other accessories should be left at home if possible. These will need to be removed prior to your exam. Some items needing to be removed include: hair pins, barrettes, eye glasses, watches, hearing aids, credit cards, earrings, pocket knives, or body piercings.

If you have claustrophobia or anxiety you may want to ask your doctor for a prescription for a mild sedative to take prior to the exam. The open machine alleviates most problems with claustrophobia. Neck and brain exams require holders placed around these areas similar to a helmet and face mask. If you feel this may bother you, medication may still be needed.

It is important that you remain perfectly still during the exam to ensure the images are very crisp to get a diagnostic exam. If you are in pain or unable to lie still, you may wish to talk with your doctor about getting medication to help.

Expect the machine to be very loud/noisy. If you do not wish to listen to music, earplugs are provided.

Depending on the exam ordered, scan time vary between 10-45 minutes.