



# Brain & Spine MRI Center

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## Patient Preparation for MRI Exam

### How to prepare for your MRI scan?

- There is little preparation for an MRI exam. Take your daily medications and eat a light meal as you normally would, unless instructed otherwise.
- Children may not accompany you into the MRI scan room or left unattended in the lobby. Please make arrangements for child care.
- Please arrive at least 15 minutes prior to your exam and check in with the receptionist. You will need to complete the MRI screening form and other paperwork.
- Because of the strong magnetic field used during the exam, certain clothing and jewelry should not be worn during the MR exam. So leave your valuables at home and choose comfortable clothing, sports bras that have no metal fasteners/zippers or metallic designs, you will be asked to change into a hospital gown if you have metal items on. A locker and dressing room is available to secure your belongings or change your clothes.
- Your screening form and medical history will be reviewed by the technologist in consultation with the radiologist.
- Please do not hesitate to call if you have any questions.

### What can I expect during my MRI scan?

- The duration of the procedure will vary but the average is 30 minutes to one hour per body part.
- If **MRI contrast** is indicated for the exam, an IV catheter will be inserted in your arm by a technologist.
- You will be required to lie still during the actual MR scanning.
- The magnet is permanently open on both ends. It is well lit and there is a fan for patient comfort. There is also a two way intercom system for communication between patient and technologist.
- During the actual imaging, you will hear a loud intermittent banging noise. You will be provided with earplugs or music ear buds to reduce the noise during the procedure.
- The technologist will also provide you with an alarm button to alert the technologist of any discomfort you may experience at any point during the MRI exam.