

## **PREPARING FOR YOUR MRI**

### ***What is MRI?***

Magnetic Resonance Imaging (MRI) is a method used by physicians to look inside the human body and obtain anatomical and functional diagnostic information. MRI differs from other diagnostic imaging techniques (such as CT scan or X-ray) in that it can provide highly detailed images of the internal body using harmless magnetic fields and radio waves, instead of radiation or radioactive substances. MRI is a convenient and safe, non-invasive procedure, with no known side or after effects.

### ***Why Doctors Recommend MRI***

With incredible accuracy, MRI can detect many abnormalities which CT and X-rays cannot, especially those involving soft tissue. In fact, MRI can reduce the need for biopsies, exploratory surgery, and other diagnostic procedures which carry associated risk.

MRI is also versatile, with the ability to image most parts of the body for effective clinical evaluation of:

- Brain disorders
- Traumatic injuries
- Eye abnormalities
- Spine diseases
- Tumor detection
- Live and other abdominal diseases
- Knee and shoulder injuries
- Musculoskeletal disorders
- Facial/neck abnormalities
- Blood flow and vessel disorders

The better the image, the earlier a disorder can be identified and evaluated, enabling doctors to treat it with greater success.

### ***The first Open MRI in the Valley provides room to relax and high resolution images for an accurate diagnosis.***

The MRI machine at Weiss Medical Associates Open MRI is open on all four sides so you will not feel confined. This machine design helps meet the needs of ALL patients—children, seniors, disabled and large persons, or those suffering from the anxiety of claustrophobia.

Best of all, this advanced MRI uses a powerful magnet that enables pictures of the inner body to be clearer and more detailed, allowing doctors to diagnose medical conditions earlier and more accurately.

### ***Easy Preparation***

No special preparation is required prior to the MRI exam. Follow your typical daily routine and eat anything you like, right up until the time of your exam. Unless directed otherwise by your doctor, continue taking any prescribed or over-the-counter medicines you need. Because of the magnetic field, however, you will be asked to leave the following items at home or in a safe place outside of the MRI

room: eyeglasses, coins, jewelry, watches, dental plates, credit cards, hearing aids, keys, hair pins, and other metallic or metal-containing objects. In addition, please do not wear hairspray or eye make-up.

You may be asked to wear a patient gown, or you may simply wear loose clothing with no zippers, buckles or other metallic parts.

Please note that a patient may not qualify for an MRI exam if any of the following conditions exist:

- Pacemaker
- Artificial heart valve
- Neuro-stimulator (Tens-unit)
- Metal implants/plates/pins
- Intrauterine device (IUD), etc.
- Aneurysm clips
- Surgical staples
- Implanted drug infusion device
- Foreign metal objects in the eye
- Shrapnel or bullet wounds
- Permanent eyeliner

In addition, you should inform your doctor or the technologist if you are pregnant, if you've ever been a metal worker, or if you've had any surgeries.

### ***Totally Painless***

During the test you will neither see nor feel anything happen. MRI exams are totally painless and have no known side or after effects.

Because no radiation or radioactive substances are used, patients requiring frequent scans avoid the potential danger of radiation exposure.

### ***All You Need To Do is Lie Still***

You can help to produce a high quality image by lying still during the examination while breathing normally. The average scan will take from 30 to 60 minutes to complete.

The open-air design of Weiss Medical Associates Open MRI lets you relax in comfort (some patients nap during the examination, while others bring in music or books on tape to play on our stereo). It also enables parents, spouses, or friends to sit next to children or loved ones being examined.

Adding to the comfort of this system is the absence of loud noises common with many other MRI units. At times, you may hear faint knocking sounds, which represent the changes in the magnetic field that are part of the imaging process.

The results of your examination will be studied by an MRI trained radiologist who will provide your doctor with the results within a 24-hour period.

If you have any questions about your upcoming exam or for more information, please call *Weiss Medical Associates Open MRI* at (970) 477-0700.