



A patient's step by step guide  
to Magnetic Resonance Imaging

# 1

## What is an MRI scan?

Magnetic resonance imaging (MRI) is a method of looking inside the body. Instead of x-rays, the MRI scanner uses magnetism and radio waves to produce remarkably clear pictures of your head, spine, or other parts of your body. An MRI scanner consists of a strong magnet with a radio transmitter and receiver. These instruments gather the information out of your body. MRI produces soft-tissue images and is used to distinguish normal, healthy soft tissue from pathologic tissue.

Depending on what information your doctor needs, the MRI scan may require the use of a contrast-agent given intravenously or oral to assist in visualizing certain structures in your body.



# 2

## Preparing for an MRI

No special preparation is needed prior to the exam, unless your doctor has given you other instructions. You will be asked to complete a safety screening form and answer questions pertaining to your medical history.

Please wear loose clothing without zippers or metallic parts.

Remove all:

- jewelry
- watches
- hairpins
- glasses
- wallets
- keys
- piercings
- nylon tights
- credit cards
- phone cards
- and other metallic objects

\* The safety of imaging children under two years of age has not been established.

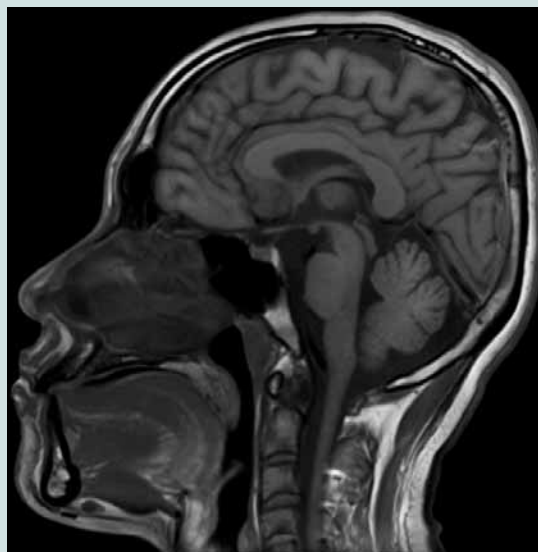


# 3

## What happens during an MRI Scan?

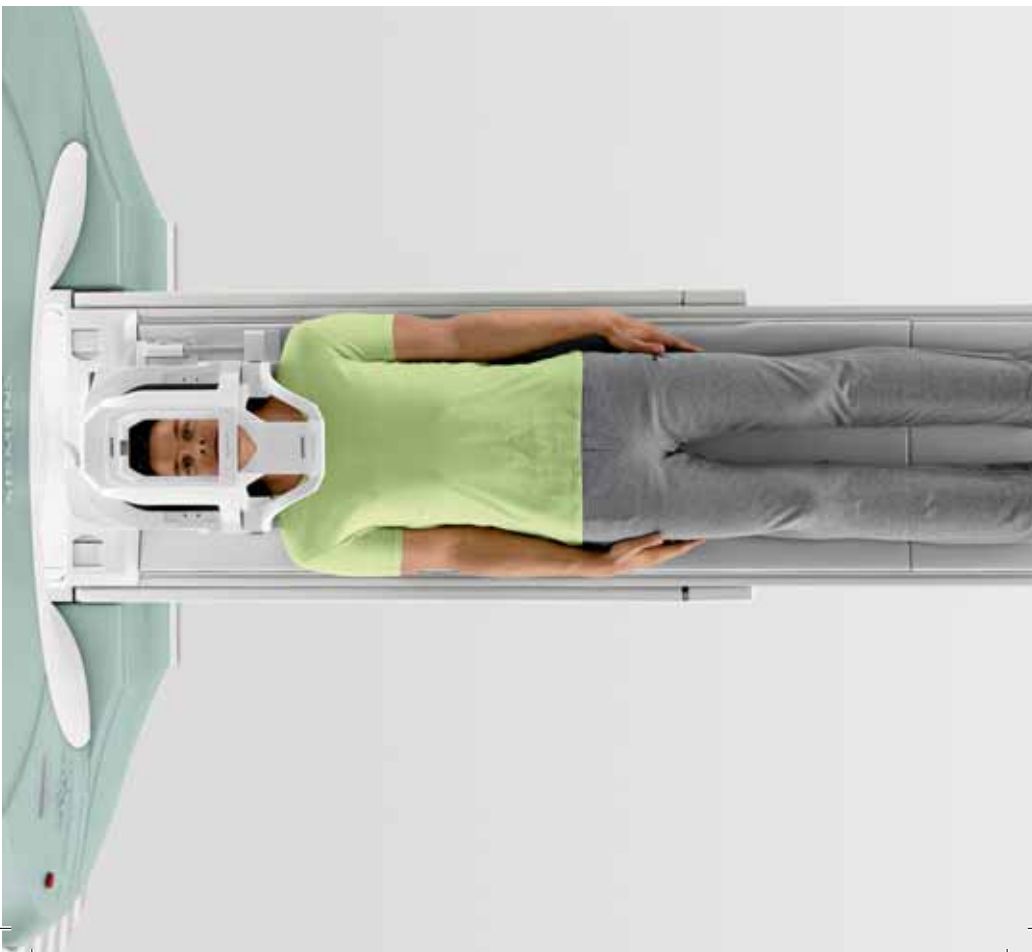
After you have removed all metal objects, the technologist will position you on a special table, and the table will then slide into the scanner. The MAGNETOM ESSENZA MRI system allows for your head to stay outside of the magnet bore during many examinations – with the exception of head or neck exams of course. Regardless of the type of exam, you will be able to communicate with the technologist during the exam.

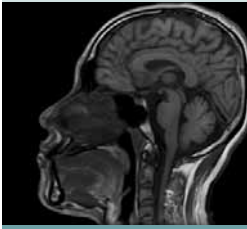
For clear pictures, you will be asked to hold very still and relax. In some cases, you will be asked to hold your breath. Any movement, especially of your head or back (even moving your jaw to talk) during the scan will seriously blur the pictures.



While the machine is taking your pictures, you will hear rapidly repeating, thumping noises coming from the walls of the scanner. For additional comfort earplugs may be provided. During this time, you should breath quietly and normally but otherwise refrain from any movement, coughing or wiggling. When the thumping noise stops, you must refrain from changing your position or moving about.

This whole procedure will usually be repeated several times, and the entire exam ordinarily takes between 15 and 30 minutes to complete.





## Appointment Calendar

Date Time

Doctor's stamp

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## Important: Precautions

MRI is a non-invasive exam. As MRI works with a strong magnet and radio waves, you need to tell us, if any of the following applies to you or to the person that accompanies you into the exam room:

- Aneurysm clip(s)
- Cardiac pacemaker
- Implanted cardioverter defibrillator (ICD)
- Electronic implant or device
- Magnetically-activated implant or device
- Neurostimulation system
- Spinal cord stimulator
- Cochlear implant or implanted hearing aid
- Insulin or infusion pump
- Implanted drug infusion device
- Any type of prosthesis or implant
- Artificial or prosthetic limb
- Any metallic fragment or foreign body
- Any external or internal metallic object
- Hearing aid

Any metallic substance on your person can affect the quality of the diagnostic images. It can also cause discomfort or even injury to you when placed into the magnetic field.

**Also, tell us if you are pregnant!\***

\* The safety of imaging fetuses/infants under two years of age has not been established.

# 5

## Finding out the Results

The radiologist will study your examination and will give the report to your doctor. Then your doctor will discuss the results with you and explain what they mean in relation to your health.

