

Most people do not mind having part of their body in a MRI scanner. But if you feel at all worried about this, please tell your doctor or radiographer.

Your doctor will explain the benefits and risks of having an MRI scan and will also discuss alternatives to the procedure.

The information contained in this leaflet is not intended nor implied to be a substitute for professional medical advice nor is it intended to be for medical diagnosis or treatment.

If you are worried about anything, contact your GP or call the Clinic on **03302020597**.

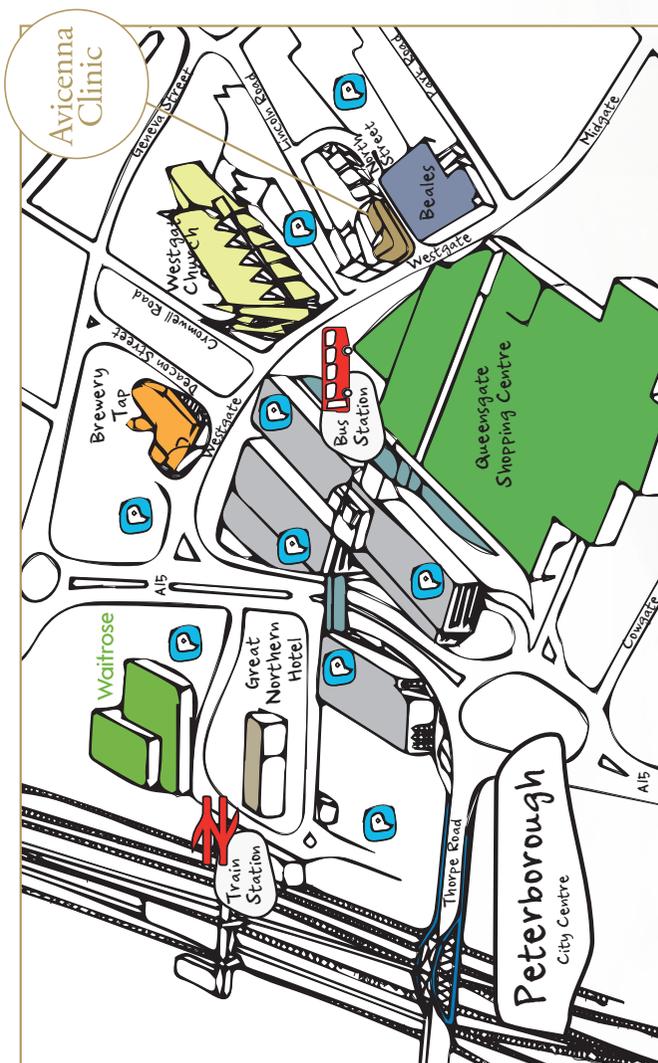
If you have any questions you want to ask, you can use this space below to remind you.

If you have a visual impairment this leaflet can be made available in bigger print or on audiotape. If you require either of these options please contact the Patient Information Centre on **03302020597**

How to find Avicenna Clinic

We are located in the heart of Peterborough City Centre at: 1 North Street, Peterborough, PE1 2RA, adjacent to the Queensgate Shopping Centre entrance on Westgate, and Beales on the corner of North Street and Westgate. Plenty of parking is available near to the clinic and Peterborough train station and bus stations are just a short walk away.

Our opening times are between 9am to 6pm, Monday to Saturday (except bank holidays). Please contact us on 0330 2020597. You can find us online at www.avicennaclinic.com or on Twitter: AVClinic; or Facebook: Avicenna



Avicenna Clinic

Open MRI and Minimally Invasive Surgery

Avicenna Clinic

HAVING AN MRI SCAN

This leaflet is for people who are having an MRI scan. Your care may differ from what is described here because it is adapted to meet your individual needs, so it's important to follow your doctor's advice. Please raise any concerns or questions with your doctor or radiographer. It is natural to feel anxious before your test, but knowing what to expect can help.

About MRI

Magnetic resonance imaging (MRI) scan is a special technique that uses magnets and radiowaves to produce two and three-dimensional pictures of the inside of your body. MRI does not use X-rays. MRI can help diagnose and monitor many different medical conditions. It's suitable for every part of the body, including the bones, soft tissues (such as blood vessels, ligaments and muscles) and the brain.

Is MRI suitable for you?

Not everyone can have an MRI scan. The magnetic field from the scan affects metals such as iron, nickel and steel. Please tell your doctor if you have:

- A heart pacemaker
- Metal prosthetic heart valves
- Aneurysm clips (metal clips on arteries)
- Metal pins, rods or screws in your bones
- Inner ear implants
- An IUCD (intrauterine contraceptive device) or coil
- Body piercing
- Shrapnel or gunshot wounds
- Had pieces of metal removed from your eyes or head
- Any other implant in the body

Your doctor will discuss with you whether it is safe for you to have an MRI scan.

If you are pregnant

MRI scans are not usually done on women who are less than 12 weeks pregnant. If you could be pregnant, tell your doctor before your appointment.

What happens before the scan?

An MRI scan is routinely done as an out-patient procedure. Most MRI scans need no special preparation. However, if you are having an abdominal or pelvic scan you may be asked to follow special instructions about eating and drinking. Please see your appointment letter for details.

It is best to wear clothing that does not have metal zips, buttons, clasps or other metal parts such as underwired bras. This avoids the need to remove your clothing before the scan.

When you arrive at the hospital, you may be asked some questions – about your health, previous operations, allergies and any medicines you are taking. This helps to ensure that it is safe for you to have an MRI scan.

A radiographer will operate the scanning equipment and produce a series of images. The images are either stored on film or kept in a digital format and shown on a computer screen.

Contrast medium

Depending on the part of your body which is to be examined, a dye (contrast medium) may be used to make some tissues show up more clearly. These dyes are harmlessly removed from the blood by the kidney and passed out in the urine. If needed, you will have the dye at the beginning, or sometimes towards the end of the scan. It will usually be given as an injection into a vein in your hand or arm.

Consent

You will be asked to sign a consent form. This confirms that you have given permission for the MRI to go ahead. Please read the back of this leaflet for details about the possible side-effects and complications of this procedure to help give your informed consent.

What to expect

The scan can take from 15 minutes to an hour, depending on the examination.

In a private cubicle, you may be asked to remove your clothing and put on a hospital gown.

Some types of metal can interfere with the image quality, so you will be asked to remove hair clips, hearing aids, jewellery and your wrist watch. You will also be asked to leave behind coins, keys and credit cards.

The scanner is a large tube-like machine. The tube generates the magnetic field needed for imaging.

You will be taken to the imaging room and asked to lie on a table that can slide in or out of the scanner. You may need to go head-first or feet-first depending on the part of your body that is being scanned. Generally the part of your body to be examined will be placed in the middle of the tube. The tube is open ended.

A radiographer operates the scanner from behind a window, and will be able to see and hear you during the procedure. You may be given a call button to hold during

the scan which you can press to get the radiographer's attention at any time.

It can take several minutes for each picture to be taken, and it's important to lie very still and breathe gently during the process. The machine will make quite a loud knocking or buzzing sound so it may help to wear earplugs. In some units, music is played to help you relax.

When the scan is complete, the table will be moved back out from the scanner and your radiographer will help you get down from the table.

What to expect afterwards

You can drive home after the scan. Try to drink water regularly for the next 24 hours to help flush the dye out of your body.

If you are breastfeeding, it is recommended that you wait 24 hours after having a contrast injection before you breastfeed. You may need to express and discard your milk for 24 hours. Please ask your doctor or radiographer for specific advice.

Results

A radiologist, a doctor trained in reading MRI scans, will examine the images. A report will be sent to the doctor who requested your test. This can take several days to reach your doctor. Before you go home, please ask your radiographer when you can expect to get your results. If you haven't been told the results within two weeks, call your doctor.

What are the risks?

An MRI scan is a commonly performed and generally safe procedure. In order to make an informed decision and give your consent, you need to be aware of the possible side-effects and the risk of complications for this procedure.

Side-effects

These are the unwanted but mostly temporary effects of a successful procedure. Very rarely, you may sense a warm feeling or get a metallic taste in your mouth after having a contrast injection. These side-effect should last only a minute or two.

Complications

This is when problems occur during or after the procedure. Complications from an MRI scan test are uncommon and most people are not affected.

In rare cases, it's possible to have an allergic reaction to the contrast injection. If you experience any itching or difficulty in breathing tell your radiographer immediately. Medicines are available to treat any allergic reaction.