



## **Tuba City Regional Health Care Corporation Radiology Department MRI Patient Information Sheet**

### ***What is Magnetic Resonance Imaging (MRI)?***

Magnetic Resonance Imaging (MRI) is a technique that allows doctors to see inside the human body in great detail without using X-rays. MRI uses a powerful magnet, radio waves and a computer system. This scan will provide your doctor with important information of certain types of body tissue (internal organs, joints, brain and spine) differently than an X-ray or a Computerized Tomography (CT) scan.

### ***How do I prepare for my MRI scan?***

There is very little preparation required for an MRI scan. You can eat, drink, and take your medications prior to the scan. You are encouraged to use the bathroom prior to the scan. You will be asked to remove all metallic items from your person, such as watches, jewelry, hairpins, eyeglasses and hearing aids. Do not take any credit or bank card with you as the scanner will erase the information recorded on the metallic strip. An area will be provided for safekeeping of valuables.

### ***What can I expect during the MRI scan?***

The scan is performed by a radiologic technologist. Upon arriving in the Radiology department, you will be greeted by the receptionist and asked a series of questions. Once in the scan room, you will be asked to lie down on a padded table.

During the MRI scan, it is important to hold very still, as any movement will cause blurring of the pictures. During the entire examination, you will be able to speak to the technologist by an intercom. Technologists will talk with you frequently during your scan, explaining the procedure each step of the way. When the scanner is operating, you will hear a loud thumping noise and may feel a slight vibration, which is normal. While that machine is thumping, it is very important to hold still since this is the time the scanner takes its pictures.

### ***How long will the MRI scan take?***

Every MRI scan is different, but most scans take approximately 30-45 minutes.

### ***What will happen following my MRI scan?***

Once your scan is completed you may resume normal activities, diet and medications.

### ***Important Considerations***

You should not have an MRI scan if you are, or suspect you may be pregnant.

It is very important to inform the doctor or the nurse prior to the scan if you have been diagnosed with any form of kidney disease, or if you have any of the following metal implants or objects: aneurysm clips, artificial heart valve, bullets, cardiac pacemaker, eye/orbital prostheses, hip or knee prostheses, insulin pump implant, intra-cranial bypass graft clips, middle or inner ear prosthesis, shrapnel or sternal wire.

