

## Patient information factsheet

# Having a magnetic resonance imaging (MRI) scan

We have given you this factsheet because you have an appointment for an MRI scan. It explains what an MRI scan is and what to expect at your appointment.

Your appointment letter will give you details of your appointment date and other useful information. Please check the date and let us know if you cannot attend, so that another appointment can be made for you.

We hope this factsheet will help to answer your questions about the scan and prepare you for your appointment. If you have any questions, please contact us via the details on page 3.

### What is an MRI scan?

MRI is a type of scan that uses strong magnetic fields and radio waves to produce detailed images of the inside of the body. It is a painless and safe procedure. The results of an MRI scan can be used to help diagnose conditions, plan treatments, and assess how effective previous treatment has been.

### Preparing for your MRI scan

We will send you a safety questionnaire with your appointment letter. Please fill it out and bring it to your appointment. Your scan will take approximately 45 minutes.

### At the appointment

On the day, please arrive 15 minutes before your appointment time.

Check in at our reception using the self-service monitors. We will be available to provide assistance if needed.

We will greet you and go through your completed safety questionnaire.

We will then ask you to change into a hospital gown and put your belongings into a locker before your scan. Please feel free to bring a dressing gown with you.

You will need to remove all jewellery, piercings, drug patches, metallic denture plates and hearing aids.

Before your scan, we will place a cannula (a thin, plastic tube) into a vein in your arm, through which we will inject a contrast dye, if needed. Contrast dye helps certain tissues and blood vessels show up more clearly on the images.

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If you are having an abdominal scan, we will also inject a muscle relaxant (Buscopan) through your cannula, to help reduce some of the movement in your bowel and improve the quality of the scan images.

## During the scan

An MRI scanner is a short cylinder that is open at both ends.

You will enter the scanner head-first, lying on your back on the motorised bed. We will try to make you as comfortable as possible, using pads and supports as needed.

We will rest a light frame (called a coil) on top of the area being scanned. The coil contains receivers that pick up the signals sent out by your body during the scan and it can help to create a better-quality image.

You will need to lie very still during the scan to achieve the best images.

If you are having your abdomen area scanned, we will give you specific instructions to breathe in and hold your breath for a few seconds at a time. We will also tell you when you can breathe normally again.

We will operate the MRI scanner using a computer in a separate room. You will be able to talk to the radiographer between scans via a built-in microphone system.

During the scan, you may feel your body temperature increase and you may experience tingling in your hands and feet. These are normal sensations. Please tell us if you feel uncomfortable at any point. We will give you an emergency buzzer to hold during the scan.

At certain times during the scan, the scanner will make loud tapping noises. This is the electric current in the scanner coils being turned on and off. We will give you ear plugs to protect your hearing from the noise. If you are not required to follow breathing instructions, you will have the option to listen to music (of your choice) through headphones during the scan.

## Your results

The radiographer will review your images to check the quality of the scan images. We will then discuss your results with you at your next follow-up appointment.

## MRI safety information

**Please read the information below carefully.**

### Implants and devices

Due to the powerful magnetic field created by the scanner, even when not in use, it may not be safe for some people with implants and devices to have an MRI scan.

We will need to investigate the safety of these before your appointment.

### You must contact us if:

- you have a cardiac pacemaker or defibrillator
- you have a spinal cord stimulator
- you have had a heart valve replacement

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- you have ever had surgery on your head
- you have ever had metal in your eyes from welding or metal-work accidents (an eye x-ray may be required before your scan)
- you have any metallic or electronic implants
- you have had any surgery within the past six weeks
- you have any auditory implants (such as cochlear implants)
- you have ever swallowed a capsule camera.

If any of these apply to you, and you do not let us know in advance, we may have to postpone your scan.

## Pregnancy and breastfeeding

If you know or think you might be pregnant, or are currently breastfeeding, you should telephone us for advice as soon as you receive your appointment letter. MRI scans are not known to affect babies during pregnancy, but your scan may need to be discussed between the doctor who referred you for the MRI scan and the radiologist.

It is your choice whether you wish to breastfeed after you have had a contrast dye injection. There is currently no evidence of any risk to a baby/child from drinking breast milk following an MRI contrast dye injection. If you have any concerns, please speak with the doctor who referred you for the MRI scan.

## Further information

We have enclosed a map and information about how to get to us. If you are arriving by car, please remember that our car parks can get very busy, so it's a good idea to allow plenty of time to find a space. You may wish to consider getting a lift or coming by public transport.

If you have a medical condition that means you need help getting to hospital, please contact your GP surgery so they can arrange transportation for you.

## Contact us

You can contact us on the number below if you have any questions or need more information.

### MRI main reception

Telephone: **023 8120 6588** (Monday to Friday, 8am to 9pm and Saturday and Sunday, 9am to 4pm)

If you are unsure why you need to have this scan, please speak to the doctor who referred you.

## Useful links

**UHS**

[www.uhs.nhs.uk/for-visitors/southampton-general-hospital/getting-here](http://www.uhs.nhs.uk/for-visitors/southampton-general-hospital/getting-here)

**NHS UK**

[www.nhs.uk/conditions/mri-scan](http://www.nhs.uk/conditions/mri-scan)

**Macmillan Cancer Support**

[www.macmillan.org.uk/cancer-information-and-support/diagnostic-tests](http://www.macmillan.org.uk/cancer-information-and-support/diagnostic-tests)

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The Society of Radiographers: 'MRI Safety: What we need to know about'

[www.sor.org/learning-advice/professional-body-guidance-and-publications/documents-and-publications/posters/mri-safety-what-we-need-to-know-about](http://www.sor.org/learning-advice/professional-body-guidance-and-publications/documents-and-publications/posters/mri-safety-what-we-need-to-know-about)

The Society of Radiographers: 'Position statement for patients who are breastfeeding who require a CT or MRI with contrast'

[www.sor.org/learning-advice/professional-body-guidance-and-publications/documents-and-publications/policy-guidance-document-library/position-statement-for-patients-who-are-breastfeed](http://www.sor.org/learning-advice/professional-body-guidance-and-publications/documents-and-publications/policy-guidance-document-library/position-statement-for-patients-who-are-breastfeed)

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For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit **www.uhs.nhs.uk/additionalsupport**

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