MRI (Magnetic Resonance Imaging)

An MRI is a safe, painless test. It uses radio waves and a magnetic field to take pictures of soft tissues, bones and blood supplies. The pictures provide information that can help your doctor diagnose the problem that you are having.

**Arrive on time for your test.** The test takes 30 to 90 minutes.

**What You Need to Know**

There are some body implants that can either not be safe for you to have an MRI or need special precautions for your safety. **If you have any of the following, call the location where you are having your test to speak to staff before your test:**

- Are or could be pregnant
- Have a heart pacemaker
- Have aneurysm clips
- An implanted pump or stimulator
- An artificial heart valve
- Breast tissue expander
- Stents anywhere in your body
- Weigh over 400 pounds or 181 kilograms
- Have magnetic implants
- Have a blood clot filter
- Penil prosthesis
- Programmable VP or LP shunt valve
- Metal shrapnel or metal fragments inside your body or eyes

MRI (चुम्बकीय अनुनाद इमेजिंग)

MRI (Magnetic Resonance Imaging)

MRI सुरक्षित, दर-रहित टेस्ट है। नर्म ऊतकों, हड्डियों और रक्त-आपूर्ति की तस्वीरें लेने के लिए, इस में रेडियो-तरंगों और चुम्बकीय क्षेत्र का उपयोग किया जाता है। आपके डॉक्टर को तस्वीरें से मिलने वाली जानकारी से आपकी समस्या का रोग-निदान करने में मदद मिल सकती है।

अपने परीक्षण के लिए समय पर पहुँचें। परीक्षण को पूरा करने में 30 से 90 मिनट का समय लगता है।

आपको क्या पता होना चाहिए

शरीर में कुछ प्रत्याविहारण हैं, जो आपको किसी कोई रोगों के लिए सुरक्षित नहीं हैं या आपकी सुरक्षा के लिए विशेष सावधानियों की ज़रूरत है। यदि आपकी निम्नलिखित में से कोई भी है, तो अपना टेस्ट करने से पहले उस स्थान के स्टाफ़ को कॉल करें, जहाँ आप अपना टेस्ट कर सकते हैं:

- क्या आप गर्भवती हैं या हो सकती हैं
- दिल का पेसमेकर लगा है
- धमनी-विस्फार (aneurysm) लगा है
- प्रत्यापित पंप या स्टिमुलेटर
- दिल का बनावटी बॉल्ट
- छाती के ऊतक बढ़ाने वाला उपकरण
- आपके शरीर में कहीं भी स्टेंट
- 400 पाउंड या 181 किलोग्राम से अधिक है
- चुम्बकीय आरोपण (इंप्लांट) हूआ है
- खून के थक्कों का फ़िल्टर लगा है
- लिंग में फूलने वाली या तंत्रीय स्टोड्स
- प्रोग्राम किए जाते हैं वाले VP या LP शंट बॉल्व
- आपके शरीर या अँखों में धातु का टुकड़ा या धातु के अंश
If the implants in your body cannot be identified, your test may be delayed, rescheduled or canceled.

Tell staff if you have an allergy to contrast medicines.

To Prepare for the Test

• Plan to arrive 30 minutes before your appointment time.
• If pictures are being taken of your abdomen, liver or pancreas, do not eat or drink for 4 hours before the test.
• If you take diabetes medicines, talk with your doctor about how to control your blood sugar before the test. Tell the technologist if you are diabetic, the blood sugar medicines you take and when you last took them.
• Bring your medicine list with you. Tell the doctor or technologist about the prescription medicines you take, including over the counter, herbals, vitamins or supplements, and if you have any medicine allergies.
• If you wear any kind of medicine patch, such as nicotine or nitroglycerin patch, they will need to be removed for this test. Bring a new patch that you can put on after your test.
• If being in a closed space frightens you, talk to your doctor. Your doctor may give you some medicine to bring with you to help you relax. If you do bring medicine to help relax, you need to have someone with you that can drive you home.
Day of Your Test

- Bring your ID and insurance card.
- Staff will review your medical history with you.
- You will need to remove all metal items such as watch, hairpins, bra, jewelry, coins and piercings from your body. Please leave valuable belongings at home. You will not be able to take anything into the room including your purse, wallet or keys.
- You will be asked to change into hospital clothing. A locker is provided for your things.
- An IV may be started in your arm for IV medicine called contrast. IV contrast is needed to give better pictures for certain MRI tests only.

During the Test

- You will lie on a padded table in the middle of a long tube-like machine.
- The table slides into the opening of the machine until the part of your body to be checked is in the center.
- A device, called a coil, may be placed on the area of your body to be tested. This device helps the machine take better pictures. For example, if you are having a test of your head, you may have a head coil that is over your head like a helmet.
• Lie very still during the test.
• You may be asked to hold your breath for a few seconds during the test.
• You will hear a sound like a drum beat as the pictures are taken. You may be given headphones or earplugs to wear to quiet the noise of the machine.
• You can talk to the staff through a speaker. Tell the staff if you need help or are uncomfortable.

After the Test

• You may drive home after the test if you were not given medicine to help you relax during the test. If you were given medicine to help you relax, an adult must be with you to take you home. It is not safe for you to drive or leave alone.
• If you were given contrast medicine during the test, drink 8 (8-ounce) glasses of clear liquids to flush the contrast out of your body. Good liquids to drink are water, apple juice and Sprite. If you are on a special diet, follow the instructions given to you as to what to drink.
• Test results are sent to your doctor. Your doctor will share the results with you.

Talk to the staff if you have any questions or concerns.

यदि आपका कोई प्रश्न या चिंता है, तो स्टाफ से बात करें।