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
- Penile prosthesis
- Programmable VP or LP shunt valve
- Metal shrapnel or metal fragments inside your body or eyes
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.

यदि तपाईंको शरीरमा प्रत्यारोपित उपकरणहरू चिह्नित गर्न सकिन्छ भने, तपाईंको परीक्षणमा दिन्छ भने र पूर्णनिर्धारण गरिन सक्दछ र रहा गरिन सक्दछ।

यदि तपाईंलाई कन्ट्रोल औषधिहरूबाट एलजी हुन्छ भने स्टाफलाई बताउनुहोस।

परीक्षणमा तयारी

- तपाईंलाई दिइएको अप्याइन्मेन्टको समयभन्दा 30 मिनेट पूर्वले पुग्दिन्।
- यदि तपाईंको पेट, करेजो वा औषधीयको (pancreas) चित्र खिचिन्छ भने, परीक्षणपूर्व 4 घण्टाइ देखि खानु बढ भनेदिन्।
- यदि तपाईंलाई मधुमेहको औषधी सेवन गर्नुहुन्छ भने परीक्षणपूर्व तपाईंको ब्लड शुगर नियन्त्रित कसरी गर्ने भने विषयमा आफ्नो डक्टरलाई डक्टरसगर्न क्छ गर्नुहोस। तपाईंलाई मधुमेह छ भने तपाईंलाई सेवन गर्ने ब्लड शुगर औषधीहरू र पिछलोपट्ट तपाईंले ती औषधीको सेवन कहिले गर्नुभए भने बारेमा प्राक्तिक तपाईंलाई बताउनुहोस।
- आफ्नो औषधीको सुची साधमा लिए आउनुहोस। तपाईंलाई सेवन गर्ने प्रैक्सिप्शन औषधीका साथै औषधी पसलमा सजिले किन्न सफिन्छ, जडीबुटी, भितानिम वा पूरकहरू, तथा तपाईंलाई कुनै औषधीबाट एलजी छ भने तपाईंको बारिमा डक्टर वा प्राक्तिक तपाईंलाई बताउनुहोस।
- यदि तपाईंको शरीरमा कुनै औषधीमूलक प्याच जस्तै निकोटिन वा नाइट्रोग्लिकरिन प्याच लागेका छनै भने यस परीक्षणपूर्व दिन्छ लागि २ ईटाइ जरूरी छ। तपाईंको परीक्षणपछि फेरि लागेका लागि नयाँ प्याचहरू लिए आउनुहोस।
- बन्द कोठामा तपाईंलाई डर लाग्दछ भने आफ्नो डक्टरलाई बताउनुहोस। तपाईंको डक्टरले तपाईंलाई आराम प्रदान गर्ने केही औषधी दिन सक्दछन्। यदि तपाईं आराममा महत्त गर्नु कुनै औषधिलिए आउनुहुन्छ भने तपाईंलाई घर फक्काएर लैजाउनसक्दिन्छ लिए आउनु जरूरी छ।
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.

Parikshanapachi
• Parikshanako dhaarana nahlisikho samitiirakho hota.
• Parikshanako dhaarana tapaiilai kekhi kshyena laaighi aafno saa saa rokha bhina sakchha.
• Chitrahru xirivinda tapaiilai deum boitiko jaasto aaavan srichen cha.
• Moshniko aaavanlai kalmi garna tapaiilai hekfoe saa irapanlaa diin sakchha.
• Tapaiilai deumtapaii kekhi chahincha va aapadhaura huncha bhan saafalai bataun saknuncha.

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

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MRI (Magnetic Resonance Imaging). Nepali.