

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, organs and bones. 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.

To Prepare

- **If pictures are being taken of your liver or pancreas, do not eat or drink for 4 hours before the test.**
- Let the staff know right away if you:
 - ▶ Are or think you could be pregnant
 - ▶ Are breastfeeding
 - ▶ Weigh over 300 pounds or 136 kilograms
 - ▶ Have a cardiac pacemaker, or other implanted device, such as an insulin pump or stimulator
 - ▶ Have aneurysm clips
 - ▶ Have metal shrapnel or fragments inside your body
 - ▶ Have a replacement joint or plate
 - ▶ Have an allergy to contrast medicine
- Remove any items that can be affected by the magnet. These may include hairpins, jewelry, coins, dentures, keys or credit cards. Please leave valuable belongings at home.
- You will be asked to change into a hospital gown.
- You may have an IV (intravenous) put in your arm to give you contrast medicine during the test.

MRI (核磁共振成像)

MRI 是一项安全、无痛的检查。它使用无线电波和磁场对软组织、器官和骨头进行照影。拍摄到的图像有助于医生进行问题诊断。

做检查请准时到达。检查约需时 30 - 90 分钟。

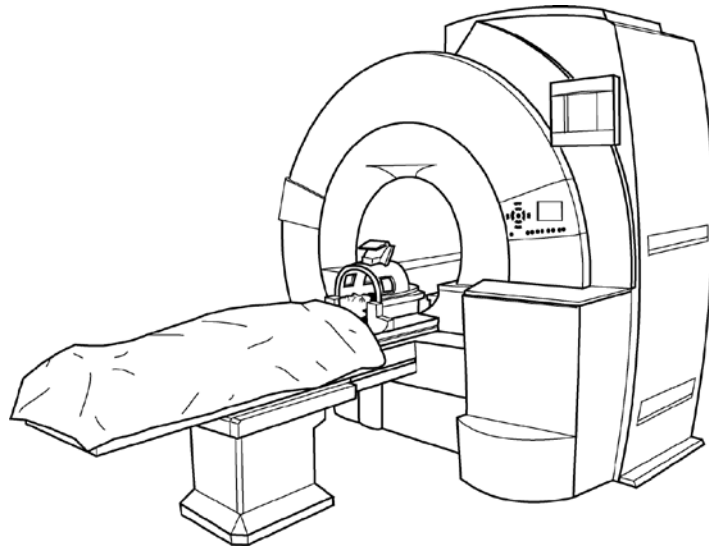
准备工作

- 如果图像拍摄的是您的肝部或胰腺，检查 4 小时之前不要吃喝任何东西。
- 如有下列情况，请立刻告知医疗人员：
 - ▶ 您已怀孕或认为可能已怀孕
 - ▶ 正在哺乳
 - ▶ 体重超过 300 磅或 136 公斤
 - ▶ 体内有心脏起搏器或其他植入器械，例如胰岛素泵或刺激器
 - ▶ 体内有动脉瘤夹
 - ▶ 体内有金属弹片或碎片
 - ▶ 体内有替换关节或钢板
 - ▶ 对显影剂药物过敏
- 除去任何能被磁铁影响的东西。这些可能包括发夹、珠宝、硬币、假牙、钥匙或信用卡。请将贵重物品留在家中。
- 您将被要求换穿医院的袍子。
- 测试期间可能要在您的手臂上放 IV（静脉注射）显影药剂。

- If being in a small space scares you, talk to your doctor before the test. Your doctor may order some medicine to help you relax.
- You can eat, drink and take your medicines before the test.

During the Test

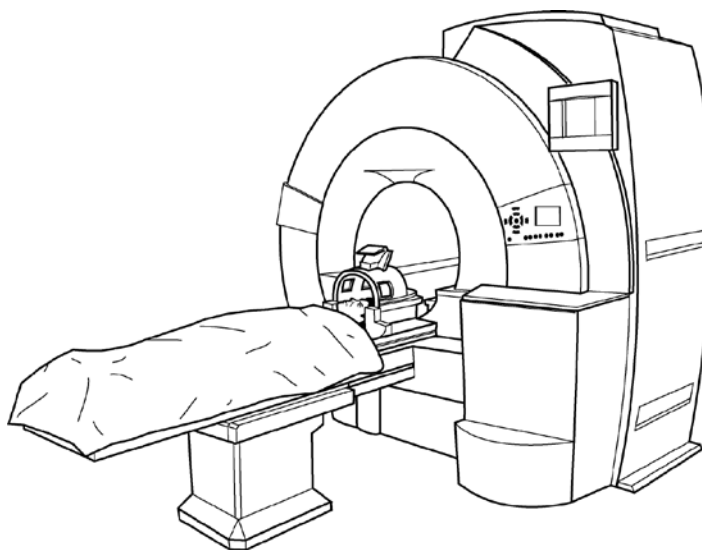
- You will lie on a table in the middle of a long tube-like machine.
- The table slides into the opening of the machine until the part of your body to be checked is in the center.
- If you are having a test of your head, you may need to wear a helmet.
- Lie very still during the test. You may be asked to hold your breath for a few seconds during the test.
- The machine may make a loud noise while pictures are taken. You may be given earplugs to wear.
- You can talk to the staff through a speaker. Tell the staff if you need help or are uncomfortable.



- 如果身处一个小空间会使您害怕，请在检查前告诉医生。医生可用一些药物帮助您放松。
- 检查前您可吃喝并服药。

检查期间

- 您将躺在一个长管状机器当中的台子上。
- 台子滑入机器进口，直到您要被检查的身体部分处于机器中央。
- 如果做头部检查，您可能需要戴头盔。
- 检查期间请静躺。检查期间可能需要您屏住呼吸几秒钟。
- 拍摄照片时器械可能会发出很响的声音。医疗人员会要您戴耳塞。
- 您能通过喇叭和医疗人员通话。请告知医疗人员您是否需要帮助或感到不舒服。



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 6 to 8 (8-ounce) glasses of liquid to flush the contrast out of your body. Good liquids to drink are water, milk and juice. Limit the amount of caffeine you drink such as coffee, tea and soft drinks.
- 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.

检查之后

- 如果您检查期间未服用药物帮助您放松，检查后您可以驾车回家。如果您服用了药物帮助您放松，必须由成人带您回家。您独自开车或离开会不安全。
- 如果您在检查期间服用了显影剂，请喝 6 - 8（8 盎司）杯液体以将显影剂冲洗出体内。可选择水、牛奶和果汁等液体饮用。限制咖啡因的摄取量，如咖啡、茶、软饮料等。
- 检查结果会送给您的医生。您的医生将告知您结果。

如果您有任何疑问或担心，请告知您的医生或护士。

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MRI. Simplified Chinese.