

# MRI (Magnetic Resonance Imaging)

A 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.

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MRI-gu waa baadhitaan badqaba, bilaa xanuuna. Wuxuu isticmaalaa mawjado shucaac iyo habraac birlabeed leh si ay u qaaddo sawirrada unugyada jilicsan, xubnaha iyo lafaha jilicsan. Sawirku wuxuu bixiyaa macluamad ka caawin kara dhakhtarka inuu baadhitaan ku sameeyo dhibaataada ku haysata.

**Baaritaankaaga waqtiga ku imow.** Baaritaanku wuxuu qaadanaayaa 30-90 daqiiqadood.

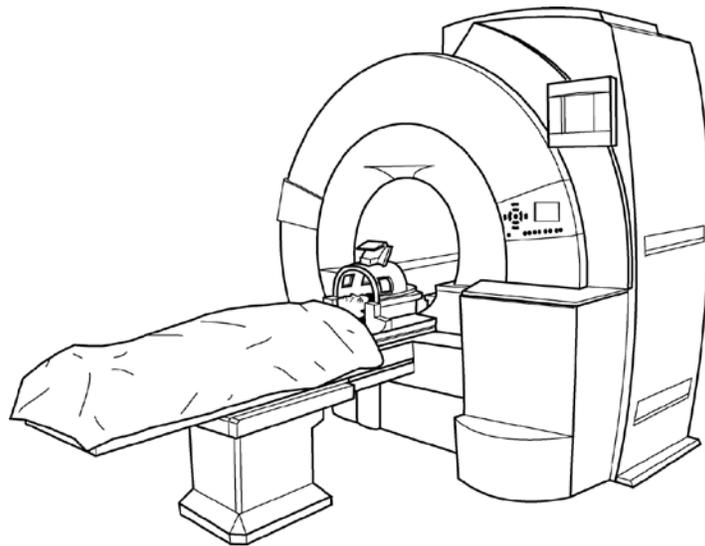
## Si aad isugu Diyaariso

- **Haddii sawirada laga qaado beerkaaga ama ganacaaga ha cunin ama hacabin 4 saacadood kahor baadhtaanka isla markiiba Ogaysii shaqaalaha haddii aad.**
- Isla markiiba shaqaalaha ogeysii haddii:
  - ▶ U malaynayso inaad uur leedahay
  - ▶ Aad naaska jaqasiinayso
  - ▶ Miisaankaagu uu ka sareeyo 300 rodol ama 136 kilogram
  - ▶ Uu kugu rakiban yahay wadne-taageere, ama qalabka kale ee lagu rikibo, sida bamka insuliinka ama kiciyaha
  - ▶ Haysato biinanka “aneurysm” ka
  - ▶ Uu jidhkaaga ku jiro walax bira ama faliidh
  - ▶ Haysato beedel laabato ama saxni
  - ▶ Aad ku leedahay xasaasiyad dawaada barbadhigga ah
- Iska saar wixii walxo bir qabatada saameyn kara. Kuwaas waxaa ka mid ah biinka timaha, dahabka ama qalinka, lacagta sarrifka ah, ilkaha sanaaciga ah, fureyaasha, ama kaararka deynta.
- Waxaa lagaa codsan doonaa in aad marada isbitaalka u beddelato.

- You may have an IV (intravenous) put in your arm to give you contrast medicine during the test.
- 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**

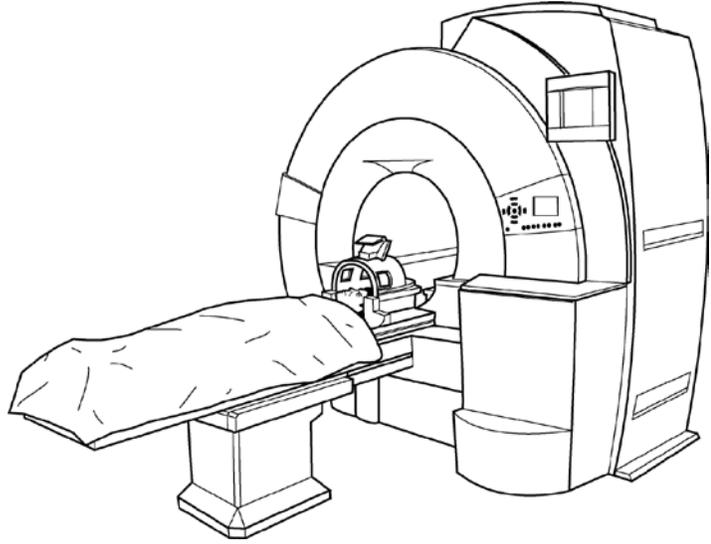
- You will lie on a table in the middle of a long tube-like machine.
- The table slides into the opening of the machine until the part of your body to be checked is in the center.
- If you are having a test of your head, you may need to wear a helmet.
- Lie very still during the test. You may be asked 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.



- Waxaa laga yaabaa in lagu siiyo IV (xidid gale) lagaa geliyo gacanta si daawo lagaaga shubo waqtiga baaritaanka.
- Haddii in aad meel yar ku jirto ay ku cabsi geliso, takhtarkaaga kala hadal baaritaanka ka hor. Takhtarkaagu waxaa laga yaabaa inuu dalbado xoogaa daawo ah si ay kaaga caawiso in aad degganaato.
- Waad cuni kartaa, cabbi kartaa isla markaana qaadan kartaa daawooyinkaaga baaritaanka ka hor.

## Waqtiga Baaritaanka

- Waxaad ku seexan doontaa miis ee bartamaha makiinad dhuun dheer oo kale ah.
- Miisku wuxuu siqi karaa daloolka makiinadda ilaa qayb jidhkaaga ka mid ah ee la baarayo kaga soo aadayso dhexda.
- Haddii madaxa lagaa baarayo, waxaa laga yaabaa in aad u baahato inaad xiidhato koofiyadda dhugduglayda lagu kaxeeyo.
- Waad iska hurdi kartaa. Waxaa lagu waydin karaa inaad neeftaada dib u ceshato dhawr daqiiqadood waqtiga baadhitaanka .
- Makiinada ayaa laga yaabaa inay dhawaq dheer yeelato marka sawirka lagu qaadayo. Waxaana laga yaabaa in lagu siiyo qalabka dhagaha loo xidho.
- Waxaad kala hadli kartaa shaqaalaha sameecada, U sheeg shaqaalaha haddii aad u baahan tahay caawimaad ama xanuun.



## **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.**

## **Baaritaanka ka Dib**

- Waxaad gaadhiga u kaxaysan kartaa guriga kadib baadhitaanka haddii aan lagu siin daawada si ay kaaga caawiso inaad ku nafisto inta baadhitaanku kuu socdo. **Haddii lagu siiyey daawo si ay kaaga caawiso inaad ku nafisto**, qof wayn ayey waajib ka saaran yahay inuu kuu qaado guriga. Maaha arrin nabdoon inaad kaligaa guriga gaadhiga u kaxaysato.
- Haddii lagu siiyo dawo ka duwan intii baadhitaanku socday, cab 6 ilaa 8 (8 wiiqiyadood) bakeeri oo dareere ah si ay jidhkaaga ugu soo maydhaan, cabitaanka wanaagsan eed cabtaaa waa biyaha, caanaha iyo sharaabka. Xadid cadadka maadada kaafeenka eed cabto sida bunka, shaaha iyo cabitaanka fudud.
- Natiijooyinka baadhitaanada ayaa loo diri doonaa dhakhtarkaaga. Dakhtarkaaga ayaa kula wadaagi doona.

**Shaqaalaha kala hadal haddii aad wax su'aalo ama walaacyo ah qabtid.**

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MRI. Somali.