

# How to Prepare for Your **MRI**

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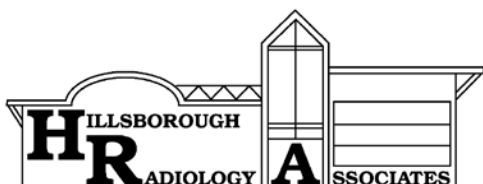
## Exam Overview

### *What is MRI?*

Magnetic Resonance Imaging (MRI) is a method of obtaining detailed pictures of internal body structures without the use of radiation or radioactive substances of any kind. This is accomplished by placing the patient in a magnetic field while radio waves are turned on and off. This causes the body to emit its own weak radio signals which vary according to tissue characteristics. These signals are then picked up by a sensitive antenna and fed to a computer which produces detailed images of the body for interpretation by trained radiologists.

During the examination you will not feel anything unusual. You will, however, hear a repeated drum-like knocking sound as the scans are recorded. Feel free to bring along your favorite CD or cassette tape to listen to during your scan to make yourself comfortable. Hearing protection will be provided to those patients who do not wish to listen to music.

You can help to produce high quality images by lying still during the examination while breathing normally. The average scan takes 5 to 15 minutes—the complete examination about 30 to 45 minutes—during which time several dozen images will be produced.



## MRI Exam Prep Checklist

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- Please wear loose, comfortable clothing without metal snaps or zippers.
- Please be sure to bring your referral from your doctor or we may not be able to perform your test.
- Please arrive 1/2 hour early to register.
- If you are having an MRI of the abdomen performed, do not eat or drink anything after midnight the night before your procedure.*