



## Adult MRI

OSF Saint Francis Outpatient Facility Magnetic Resonance Imaging (MRI) Department  
(Outpatient)

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### Welcome:

We would like to welcome you to an OSF Saint Francis outpatient facility Magnetic Resonance Imaging (MRI) Department.

You have been scheduled to have a MRI Scan. This is a diagnostic test using radio waves and a magnetic field to provide detailed images of particular parts of your body. *There is no exposure to x-ray radiation.*

The scanner looks like a big square with a hole in the middle. You will be asked to lie down on a padded table that will move through a long tubular hole into the MRI scanner.

The MRI Technologist will explain the procedure to you prior to your coming into the MRI scan room and answer any questions you may have.

The MRI scanner has a weight limit of 350 pounds. If you weigh more than 350 pounds you should contact your physician's office. Alternative tests or an "open" MRI will have to be considered.

### When to Come, Where to Park, and Where to Go:

Please arrive at the facility 15 minutes before your appointment.

Please check in at the Registration Desk.

### What to Bring with You:

You may have had x-rays done at a hospital other than an OSF Saint Francis facility. Please bring a copy of the films with you the day of the test. You may also request that the doctor's office send the films with you the day of the test.

Also bring any medical implant safety information that you may have with you the day of your exam. This is a card that is given to you when you have an implant placed in your body.

### Prep:

You may eat normally prior to any MRI procedures except endorectal MRI procedures. (The prep is described below.)

### MRI Safety:

You will be asked several safety questions prior to your test. Call the MRI Department 1-309-6xx-xxxx or your physician's office if you answer "Yes" to any of the list of following implants:

- Brain aneurysm clips.
- Cardiac pacemaker and/or defibrillator.
- Implanted medication pumps.
- Implanted nerve stimulation devices.
- If you **ever** had any metal removed from your eyes.
- Any stents, coils, medical implants, artificial joints, metal screws, or plates that were placed in your body in the last 8 weeks.
- Any injury involving BB's or bullets in the last 8 weeks.

If you have any questions, please call prior to your appointment.

The Technologist will go through a safety checklist prior to your scan. You will be able to ask the MRI Technologist any additional questions that you have at that time.

### Prep for Endorectal MRI:

If you are scheduled for an Endorectal MRI, please use the following prep guidelines. This is the only prep for a Routine MRI procedure:

- Nothing to eat for 4 hours before your MRI exam.
- No caffeine for 12-24 hours before your MRI exam.
- Use a fleets enema 4 hours before your MRI exam
- If you have had rectal surgery 4-6 weeks prior to your exam, please call your surgeon's office to see if you may perform this prep.
- If you have severe hemorrhoids, please call your physician's office.
- If you have a latex allergy, you should not have an endorectal MRI.

### Jewelry and Metal Objects:

Please remove all jewelry and/or piercings prior to your test. All metal objects outside your body must be removed before entering the scan room. Examples include items such as jewelry, watches, coins, clothing with zippers or snaps, belt buckles, bobby pins, hearing aids, and dentures.

### PREGANCY TESTING POLICY

It is the policy of OSF Saint Francis Medical Center to conduct pregnancy tests on female patients having a CT, MRI, Nuclear Medicine, PET, Angiography, or X-ray exams of the abdomen area. This policy is to avoid potential harm to an unborn baby as a result of the radiation or medications given during the exam.

A pregnancy test is required prior to the procedures listed above and should be ordered by your physician if you are a female:

- Between the ages of 12 and 50 and have not had a hysterectomy.
- Less than 12 years old and are having menstrual periods.
- Over age 50 and having menstrual periods.

The pregnancy test must be done within three days prior to your exam at any OSF Saint Francis facility. Home pregnancy tests are not acceptable.

If you have your pregnancy test done the day of the procedure:

- Arrive 30 minutes earlier if you are scheduled at any OSF Out Patient locations.
- Arrive 60 minutes earlier if you are scheduled at Saint Francis Medical Center main campus hospital.

If you know that you are pregnant please notify your physician.

#### Medications:

You may take all of your medications. If you are scheduled for anesthesia, please talk to your physician's office about medications prior to your MRI.

#### MRI Contrast:

You may receive a special MRI contrast. It is not the same contrast that they use for CT. The Technologist will explain this procedure to you when and if we need to do this additional part.

#### Procedure Instruction:

Wear comfortable clothing such as sweats if you desire. We will ask you to empty all of your pockets of metal. If you are wearing clothing that contains metal, such as zippers or bras, we may ask you to change into a hospital gown.

A wand with a metal detector is waved over you prior to your exam to make sure there is no metal on you.

Your test will take approximately 45-60 minutes. The exact time required depends upon the reason for your visit.

It is very important that you hold still for the MRI exam. If you feel you need sedation or pain medication prior to the MRI, please call your doctor prior to the test. You will need to bring your own sedation that your doctor has ordered for you.

We do not give patients sedation in the MRI Department, unless you are scheduled with anesthesia.

It is normal for the MRI unit to make banging and tapping noises. It may sound like a washing machine out of balance or tapping on a metal pipe. The noise is how the MRI unit works and will not hurt you. We offer each patient earplugs for the test.

During the MRI scan it is very important you to hold still during the test. The quality of the pictures is affected by any movement.

The MRI technologist will position you on the MRI table. We will position coils around the part being examined. The Technologist will explain all of your procedure to you before your exam.

If you need to have contrast for your test, an IV will need to be started in your arm. The contrast is injected by an MRI Technologist through that IV. This IV will be removed before you leave.

At times during an MRI of the abdomen you may be asked to hold your breath for about 15 seconds. The Technologist will instruct you to do this as needed.

### **Test Results:**

Your test will be read by a Radiologist that specializes in reading MRIs. The Radiologist will dictate a report that will be typed and sent to your doctor.

You may make plans with your ordering doctor on how to receive your test results (such as follow-up doctor's appointment, calling the doctor's office, etc.).

**After Test Instructions:**

You may go on as normal for the rest of the day.