

Your Appointment is on \_\_\_\_\_ at \_\_\_\_\_ AM/PM  
Day Date  
Location for the test \_\_\_\_\_ Questions? Call 402-873-8912

## What is an MRI?

An MRI (Magnetic Resonance Imaging) is a procedure that uses radio frequencies and a large magnet to provide detailed images of structures and organs.

## Your instructions

- Insurance may require precertification
- Discard breast milk after the MRI for 24 hours or for 48 hours if IV contrast was used
- If you have kidney disease, cancer, diabetes or hypertension, you will have labs drawn prior to the procedure to check your kidney function
- Please notify your doctor:
  - if you are claustrophobic
  - if you have a pacemaker or any electrical implants
  - if you have metal implants, aneurysm clips, surgical staples or have metal in your eye
  - if you are pregnant
  - if you have ever had a bullet wound
  - if you have ever had a reaction to contrast dye

## What you can expect

Upon arrival, you will need to remove all jewelry and metal objects (including hairpins, barrettes, hearing aids, eyeglasses, dental pieces and any medication patches that may contain metal backing). If contrast is required, an intravenous (IV) line will be started in your hand or arm. You will lie on a table that will slide into a tunnel. You will be monitored at all times and will have access to a call light so you can let the staff know if there are any problems. The MRI machine makes a loud noise so you may be asked to wear headphones to block out the noise. You will still be able to communicate with the staff at all times. It is very important to remain still. At specific points during abdominal MRI scans, you may be asked to hold your breath.

OTHER NOTES/INSTRUCTIONS \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*See reverse side for specific test instructions*

**Your specific test is checked below. Please follow specific instructions for the test.**

**\_\_\_\_\_MRI Abdomen: Exam Time: 90 minutes**

- Nothing to eat or drink for 4 - 6 hours prior to test
- Please arrive 10 minutes early
- If lab needs to be drawn, please arrive 30 minutes early

**\_\_\_\_\_MRI Brain: Exam Time: 45 minutes**

- You may eat and drink and take your medications
- Please arrive 10 minutes early
- If lab needs to be drawn, please arrive 30 minutes early

**\_\_\_\_\_MRI Breast: Exam Time: 90 minutes**

- Exam should be scheduled day 7 - 15 of menstrual cycle, (not applicable if hysterectomy, menopausal or new diagnosis of cancer)
- Stop all hormones (oral, cream, vaginal, patch) for 30 days prior to exam
- Prior mammogram required
- Please arrive 10 minutes early, if lab needs to be drawn, please arrive 30 minutes early
- You may eat or drink and take your medications

**\_\_\_\_\_MRI Cervical Spine: Exam Time: 45 minutes**

- You may eat and drink and take your medications
- Please arrive 30 minutes early
- If lab needs to be drawn, please arrive 30 minutes early

**\_\_\_\_\_MRI Thoracic Spine: Exam Time: 45 minutes**

- You may eat and drink and take your medications
- Please arrive 10 minutes early
- If lab needs to be drawn, please arrive 1 hour early

**\_\_\_\_\_MRI Lumbar Spine: Exam Time: 45 minutes**

- You may eat and drink and take your medications
- Please arrive 10 minutes early
- If lab needs to be drawn, please arrive 30 minutes early

**\_\_\_\_\_MRI Cervical Soft Tissue on Neck: Exam Time: 90 minutes**

- You may eat and drink and take your medications
- Please arrive 10 minutes early
- If lab needs to be drawn, please arrive 30 minutes

**\_\_\_\_\_MRI Joints: (Elbow, Foot, Hip, Knee, Shoulder, Wrist) Exam Time: 45 minutes each joint**

- You may eat and drink and take your medications
- Please arrive 10 minutes early
- If lab needs to be drawn, please arrive 30 minutes early