



# MRI CARDIAC SCAN

## How to prepare for your scan

### Preparation for the scan:

- **Caffeine:** Refrain from consuming caffeine for at least 12 hours prior to your scheduled scan.
- **Exercise:** Avoid any activities that will elevate the heart rate 12 hours before.
- **Fasting:** Refrain from eating for at least 2 hours prior to your scan.
- **Hydration:** Stay well-hydrated on the day of your scan by drinking plenty of water.
- **Attire:** Wear plain clothing without any metal attachments and minimal jewellery.
- **Medication:**
  - **Viagra, Cialis, and Levitra:** To ensure accurate results, we kindly request that you abstain from using Viagra, Cialis, or Levitra for a 24-hour period prior to your scan.
  - **MRI Cardiac Stress Perfusion Scan:** If your scan involves an MRI Cardiac Stress Perfusion procedure, please refrain from taking the following medications on the day of your scan:
    - Beta blocker medications such as Bisoprolol and Metoprolol
    - Asthma medications like Theophylline / Aminophylline

### Please read below for our FAQs.

Please take a moment to review our frequently asked questions for additional information. If you have any queries not addressed here, feel free to reach out to our team for assistance.

### What is an MRI Scan?

Magnetic Resonance Imaging (MRI) is a safe and non-invasive procedure that employs radio waves, a magnet, and advanced computer software to generate two and three-dimensional images of the internal structures within your body. Notably, MRI does not involve radiation, making it a preferable choice for early detection of injuries and diseases, particularly within soft tissues. Our MRI facility features a wide bore, offering more space than standard MRI scanners. Furthermore, our scanner is thoughtfully designed with an ambient setting that includes soothing lighting and an immersive audio-visual experience, ensuring a comfortable environment even for those who may experience claustrophobia.

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## Frequently Asked Questions



### How long will the appointment take?

The duration of a cardiac MRI scan varies, typically lasting between 60 to 90 minutes.

### Are MRI scans safe?

Rest assured that all our MRI scans are completely safe. Unlike procedures that involve ionising radiation, MRI does not pose any harm. Our scanning machines are painless, ensuring your comfort throughout the process. Our dedicated team is committed to creating a comfortable and relaxed environment for you during your scan.

### Will I need a contrast injection?

In certain cases, a contrast injection might be necessary to enhance image clarity, especially for body parts with naturally low contrast. This contrast solution, a specialised liquid, highlights bodily tissues, aiding in the identification of subtle differences or diseases. The injection is administered through a small tube, known as a cannula, placed in your arm. While allergic reactions to contrast are uncommon, if you experience any discomfort or feel unwell during the scan, please inform the radiographer promptly.

### What happens after my scan?

Following your scan, you're free to resume your regular eating and drinking habits and return to your daily activities without delay. If you received a contrast injection, we would request that you remain in the department for an additional 20 minutes after the scan to ensure your well-being before departure. It's also advisable to increase your fluid intake to help eliminate the contrast from your system.

### Any other questions?

If you have any additional questions, concerns, or uncertainties, don't hesitate to approach any of our staff members. Your comfort and peace of mind are our top priorities.