

MRI CARDIAC

What to expect from your scan

What is MRI?

MRI (magnetic resonance imaging) is a safe, non-invasive procedure that uses radio waves, a magnet and computer software to get two and three dimensional (3D) images of inside the body. Its main advantage is that it does not use radiation and can detect problems such as injuries and diseases in their early stages, especially in soft tissue.

Our MRI scanner is the latest machine from Philips Imaging, it is called MRI Ingenia Elition 3T. It has 3 Tesla magnet strength and a 70cm diameter bore, which is bigger than other machine.

For patients comfort the MRI has ComforTone technology which reduces the loud noise of the equipment, Auto-Voice function that automatically guides the patient through examination, ComfortPlus mattress that enhances patient comfort than a standard cushion, and the impressive In-Bore AudioVisual Experience that patient can personalize by selecting a video theme, the video is projected onto the wall and viewed via a mirror, combined with sound the experience becomes truly immersive.



Is MRI safe?

All our scans are safe and there MRI does not use ionising radiation so can be carried out without any negative effects. You will not feel any pain from our



scanning machines and our team will do their utmost to make sure you feel as comfortable and at ease as possible during your scan.

You will be asked to fill in a safety questionnaire at the time of your scan to ensure you are safe to enter the MRI room to prevent any risks. If you are pregnant and in your first trimester you will not be able to undergo any diagnostic imaging as it can be harmful to unborn babies.

How do I prepare for my scan?

24 hours before:

- Eat normally but do not have anything that may contain caffeine for example, tea, coffee, fizzy drinks, or chocolate.
- You must not smoke or use products containing nicotine.
- Patients must refrain from using Viagra, Cialis or Levitra.

4 hours before:

- You must not eat solid food such as meat and vegetables, but yoghurt and oats will be fine.
- You can drink plenty of water or juice to keep hydrated.

On the day:

- Do not use lotion or oil on the chest area as this makes it difficult for the ECG electrodes to attach.
- If you are having an MRI Cardiac Stress Perfusion scan, please do not take your beta blocker medication- Bisoprolol, Metoprolol, blood thinners- Persantine (Dipyridomole), asthma medication- Theophylline / Aminophylline.

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What can I expect on the day of my scan?

You will need to arrive 30 minutes before your appointment time. During this time, we will ask you to complete an MRI safety questionnaire. It is very important to be accurate when answering the questions. We may ask you to provide further information about any implants you may have before we know if it will be safe for you to have the scan. Once we have reviewed your questionnaire we will decide whether to go ahead with your scan.

You will be provided with a gown to change into. All metal, including jewellery, is prohibited due to the magnetic field in the scanning room. The radiographer will check that you have removed anything containing metal prior to your scan to ensure all safety requirements are met. You will have access to a locker for storing your belongings during the scan.

Your vital signs will be checked- heart rate, blood pressure, as well as your weight and height.

How long will it take?

The scan will usually take approximately from 60 to 90 minutes, depending on the examination protocol.

What can I expect during my scan?

The radiographer will position you on a special couch. They may put a surface coil around the part of your body being scanned (for example, the chest). Surface coils act like an antenna to receive the radio waves from the MRI system.

Once you are in the correct position, the radiographer will move the couch until the area of your body being scanned is in the centre of the scanning machine's magnetic field.

The radiographer will be able to see, always hear and speak to you through an intercom and viewing window and will give you simple directions during the scan.



It is important that you stay completely still during the scan. The radiographer may even ask you to hold your breath at certain points. This is because movement can blur the images, making the scan less accurate.

You will be able to communicate with the radiographer through an intercom at any point during the scan. As the main magnetic field strength is altered during the scan, electromagnetic coils produce a wide range of sounds throughout your scan including banging, buzzing and rumbling noises.

Will I need a contrast injection?

Some patients may need a contrast injection to help make the images clearer, usually in parts of the body which have poor natural contrast. Contrast is a special liquid that highlights body tissue to make subtle differences or disease easier to see and diagnose. The contrast will be injected through a small tube, called a cannula, in your arm.

Allergic reactions to contrast are rare. However, if you feel discomfort at any time during the scan, or if you feel sick, please inform the radiographer.

If you are breastfeeding and require a contrast injection as part of your scan, you may wish to express milk ahead of your scan, as you are advised to stop breastfeeding for a period of 24 hours after you have had the contrast injection.

What happens after my scan?

You may eat and drink as usual and return to your normal daily routine. If you had a contrast injection, we advise you to drink plenty of water fluids to help flush the contrast out of your urinary system. Please check the skin where we injected you for signs of infection (for example, redness, soreness or weeping) over the next 24 hours. It is normal to experience some bruising in the area where we injected you once the needle has been removed.



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If you see any signs of infection, or if you experience any of the rare side effects, including nausea, vomiting, shortness of breath, itchiness, or a rash on the body, please contact your doctor or visit a local A&E department immediately.

How do I receive my results?

After your scan, if you are a private patient the radiographer will provide you with a CD of your images to take away. A radiologist will write a report and send it to the doctor or consultant who referred you, usually within 48 hours. It will contain a summary of the radiologist's findings and their recommendations for further follow-up.

You will need to arrange an appointment to discuss your report with the doctor or consultant who referred you for the scan.

Our chaperone service

All patients are entitled to have a chaperone present for any consultation, examination, or procedure if they feel it is necessary. This chaperone may be a family member or friend. Sometimes it may be necessary for a formal chaperone (for example, a trained member of staff) to be present.

Please let us know before your appointment if you would like a chaperone.

Further questions

If you have any further questions or concerns, please do not hesitate to reach out to a member of our team. Your comfort and safety are of utmost importance to us.

For further information, including contact details and directions on how to find us, please visit our website:

www.umehealth.co.uk

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We are committed to providing clean, safe premises for our clients in line with the Health and Social Care Act 2012, Code of Practice on the Prevention and Control of Infections and related guidance (December 2010) and all other Department of Health guidance.