

MRI Cardiac Stress

Pre-Exam Information and Instructions

Your doctor has ordered a stress cardiac MRI (magnetic resonance imaging) test at Yale New Haven Hospital. This test looks at blood flow in the heart muscle to evaluate for possible blockages in the heart arteries, along with looking at structure and function of the heart.

How Should You Prepare?

- For 24 hours before the test, DO NOT CONSUME CAFFEINE from any source, including from coffee, tea, soda, or chocolate. This also includes decaffeinated beverages.
- If your exam is scheduled before or at 12 noon, do not eat anything after midnight the night before your exam.

Before Arriving for Your Exam

- If you have the identification card of any implanted devices you may have, please bring it.
- Children accompanying patients during visits:
 - Unfortunately, we cannot routinely supervise your children during your imaging study. We believe that you are best served when we can provide 100% of our attention to you. Therefore, we encourage you to make childcare arrangements or to bring a responsible adult with you to supervise your children.
- Please leave your jewelry and valuables at home and wear comfortable clothing.
- Although we do not anticipate any delay in your scheduled appointment, we recommend that you bring a book, magazine or music player to help pass any time you may need to wait.
- We follow strict COVID-19 precautions. You will be asked to wear a mask during your appointment, including while getting your scan (we will provide you with a mask to use during the MRI). Your MRI room will be cleaned before you enter by MRI staff.

What to Expect the Day of the Exam

- You will be asked to complete a questionnaire which will determine if an MRI is safe for you. People with various implants (usually metallic) or with metal in their bodies (including some tattoos) may have difficulty with an MRI, which utilizes a strong magnetic field.
- Upon arrival, the technologist will explain your procedure and answer any questions you may have.
- We will provide you with a hospital gown or hospital scrubs to change into before your MRI.
- If contrast is ordered for your exam, an IV will need to be placed. During your scan you will be required to lie flat on your back, without moving.
- ECG stickers and leads will be attached to your chest to record your heartbeats.
- Coil pads (special devices to improve image quality) may be placed on or around the area of interest.
- The scanning table will slide your whole body into the magnet.

- During the scan, earplugs will be provided to help mask the noise (intermittent humming, thumping, clicking and knocking). You have to remain still during the MRI or the images will turn out blurry.
- In cases where contrast was ordered, it will be injected into the IV in your arm and may cause a cool sensation.

Exam duration

- Your scan will take approximately 60 minutes.

After your procedure

- After the test, you will have another EKG and be monitored for 30 minutes.
- There are no restrictions placed upon you. You may eat and drive as normal, although if you are taking a relaxation medication for your MRI, you will need someone to drive you home.
- Your exam will be looked at by a Cardiologist and a Radiologist (a doctor who is an expert in understanding these exams).
- A report will be sent to your provider, who can review the results with you.

Learn more about your upcoming MRI:

- [CLICK HERE](#) for information on Magnetic Resonance Imaging (MRI) – Cardiac (Heart) at RadiologyInfo.org

RadiologyInfo.org is the public information resource developed by health care professionals in collaboration with patients. It was established to inform and educate the public about how various x-ray, CT, MRI, ultrasound, radiation therapy and other procedures/exams are performed and what you may experience during your procedure. RadiologyInfo.org is sponsored by the Radiological Society of North America (RSNA) and the American College of Radiology (ACR).

Thank you for choosing Yale New Haven Health.

We are looking forward to providing you with exceptional care.