

# MRI Head and Spine

## Pre-Exam Information and Instructions

### Before arriving for your exam

- If you have the identification card of any implanted devices you may have, please bring it.
- Let your doctor or nurse know if you are claustrophobic or have pain when lying flat for more than 30 minutes. Claustrophobia or inability to be still for more than 30 minutes will interfere with the exam.
- 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.

### After arrival

- 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 exam

- During your scan you will be required to lie flat on your back, without moving.
- Your head will be placed into a specific holder device to keep your head still and get the best images possible
- The scanning table will slide your body into the MRI machine.
- During the scan, earplugs will be provided to help mask the noise (you will hear loud intermittent humming, thumping, clicking and knocking sounds).
- If your MRI scan requires IV contrast it will be injected into the IV in your arm and may cause a cool sensation.
- You will be communicating with the technologist during the entire study.

## Exam duration

- Your scan will take approximately 90 minutes.

## After your procedure

- There are no restrictions placed upon you. You may eat or drive as normal, although if you took relaxation medication, you will need someone to drive you home.
- Your exam will be interpreted by 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) – Head at [RadiologyInfo.org](http://RadiologyInfo.org)
- [CLICK HERE](#) for information on Magnetic Resonance Imaging (MRI) – Spine at [RadiologyInfo.org](http://RadiologyInfo.org)

[RadiologyInfo.org](http://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).

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***We are looking forward to providing you with exceptional care.***