

Magnetic Resonance Imaging (MRI) Preparation

During scheduling and prior to exam:

Please notify our staff when scheduling your appointment AND when checking in for your appointment if any of the following apply to you:

- If you have any type of electrical, mechanical, or surgical implant within you, such as:
 - Breast tissue expanders
 - Brain aneurysm clips or coils
 - Cochlear implant
 - Heart defibrillators
 - Intrauterine device (IUD)
 - Metal implants or prosthesis
 - Neuro-stimulators and transmitters
 - Pacemakers
 - Penal implants
 - Programmable ventricular shunts
- If you have a history of kidney disease, especially if you are on dialysis.
- If you are diabetic (we will need to coordinate medication and diet prior to exam).
- If there is any possibility that you are pregnant.
- If you are allergic to gadolinium contrast.
- If you are claustrophobic.
- If you need an interpreter to assist you with your native language.

How should I prepare for the procedure?

- Wear something that is comfortable and easy to remove. For safety reasons, you will be asked to change into a gown. Please arrive 30 minutes prior to your exam, unless you are instructed otherwise.
- **Abdomen exams:** No food or liquids four (4) hours prior to the MRI exam.
- **Pelvis exams:** No food or liquids after midnight the night prior to the exam.
- **Diabetic Patients:** You may have a light meal (tea and toast) before the exam and you may bring a snack with you should you require food while in the office. Please contact us to coordinate medication and diet prior to exam.

It is important that you bring the following with you on the day of your appointment:

- A copy of the prescription for your examination if it was given to you.
- A list of your current medications.
- Your insurance information.

What can I expect on the day of my appointment?

When you arrive in our office, you will be asked to verify your identification and exam. Patient verification is an important part of your safety and you will be asked to verify your identification several times during your appointment. Our check-in staff will ask you to complete registration forms that will allow us to collect your medical history and any necessary insurance information. One of our technologists will then escort you to the changing area and review your medical history. You will be asked to remove and place your electronic devices, wallet, ATM/credit cards, metro-card, watch, jewelry, belt, hairpins, eyeglasses, hearing aid, or any removable dental work into the provided lockers.

Some MRI examinations require the use of contrast material. If contrast is required, a skilled nurse or technologist will

start an intravenous (IV), usually in the arm or hand, prior to the examination. The IV will be removed immediately afterward.

Before you enter the MRI scanning room, a technologist will review a safety questionnaire with you. We understand that this may seem redundant but your safety is our first priority. Once the technologist is assured that it is safe to proceed, he or she will escort you into the scanning room and help you get onto the MRI table. Once positioned, it is extremely important that you remain still during the examination. This will allow for clear images and will help us complete your test as quickly as possible.

Our staff is available to address any questions or concerns that you might have before, during, or after your appointment. Please call (212) 746-6000 if you wish to speak with us.