

## MRI ABDOMEN

Patient: \_\_\_\_\_ Appointment Date: \_\_\_\_\_

Scan Time: \_\_\_\_\_ am/pm

Location: Cardiology/Nuclear Medicine Department 1<sup>st</sup> floor at Mankato Clinic  
1230 East Main Street Mankato, MN 56001  
Please enter the Mankato Clinic front door (marked #50)

### Please check in at the Cardiology/Nuclear Medicine desk.

If you are unable to keep your appointment or have questions, please call (507) 389-8637.

### What is a MRI?

Magnetic Resonance Imaging (MRI) uses strong magnetic fields to acquire images of internal body structures. There is no radiation associated with an MRI exam.

### How do I prepare for the test:

- Before scheduling your test, please tell your provider if you have any of the following: cardiac pacemaker, brain aneurysm clips, cochlear/inner/middle ear implants, pregnancy, bullet or shrapnel wounds, injury to the eye involving metallic object or foreign body.
- Please tell your provider if you have any allergies to intravenous contrast (IV X-ray dye), or have ever had a serious allergic reaction to any substance. You may need to take special medication before your test.
- We recommend that you contact your insurance company prior to your appointment to understand what your coverage is for this test.
- Please wear loose, comfortable, cotton clothing, free of zippers, buttons or other metallic devices.
- You will need to remove all metal objects, nail polish and make-up prior to your exam. If you have dentures you will be asked to remove them for the exam.
- You will need to remove all piercings including dermal piercings prior to your exam.
- If you wear a glucose monitor, you will be required to remove it prior to your scan for your own safety. If appropriate, you may request to have your scan scheduled to coordinate with the next replacement date of your monitor.
- To provide the best service and ensure your safety, young unsupervised children should not accompany parents to their MRI appointments. Safety practices require that only the patient is allowed in the scan room and young children are not to be left unsupervised while in the waiting room or lobby. This will also ensure you can relax during the test which will result in better image outcomes.
- **DO NOT** eat or drink anything four hours prior to your test. You may take your morning medication with a small amount of water.
- If your provider has prescribed oral sedation with your exam, you will need a driver to accompany you to and from your exam.

### What will happen during the test:

- Prior to being taken into the MRI scanner, the MRI safety screening form will be reviewed and signed by you and the MRI technologist.
- You will be asked to change into a gown and remove all magnetic items.
- You will be asked to lie on the scanning table. A special coil will be positioned close to the area of your body being examined.
- Once your MRI test begins, you will hear rapidly repeating thumping noises come from the walls of the scanner. You will be given hearing protection to quiet the noise.
- It is very important to avoid movement.
- Depending on the type of exam your provider has requested, an intravenous needle (IV) may be inserted in your arm and contrast will be injected through the IV to better visualize your arteries, veins and organs.
- Your exam will take approximately 60 minutes to complete.

### Instructions for after your test:

- Your test will be reviewed and read by a Radiologist.
- The final signed report will be sent to the provider that ordered your test.
- Contact your health care provider immediately if you experience redness or swelling at your IV site.
- Your test results will be available in your Patient Portal immediately after your provider reviews them. Your provider will discuss the results with you at your follow-up appointment. If you do not have a follow-up appointment, your provider will contact you by letter or phone within five to seven business days.