

## INFORMATION AND PREPARATION SHEET

### MRI SCAN

#### A guide to an MRI scan

You have been referred for an MRI scan. This leaflet explains what the examination involves and what to expect when you come to the hospital. It may not answer all your questions, so if you have any queries or concerns, please call the telephone number on your appointment letter.

It is **important** that you **read this leaflet carefully**, even if you have had this procedure before.

#### What is an MRI scan?

MRI means Magnetic Resonance Imaging and this system uses a powerful magnet, radiofrequency waves and a computer to produce detailed images of any part of your body. These images will help doctors diagnose and treat medical conditions. The MRI scanner does not use X-Rays and the examination is painless. Your MRI scan will be performed by a radiographer.

#### How long will it take?

You may be in the department for 1 to 1.5 hours. The scan usually takes between 15 and 60 minutes, depending on which area of your body is being examined.

Please note, we endeavour to keep to appointment times, however you may be delayed if an emergency arises. If so, we will keep you informed of the estimated delay time.

#### Are there any risks or side-effects associated with MRI?

MRI is a very safe procedure. There are no known side-effects associated with being exposed to the magnetic field and radio waves of an MRI scan. There are no risks from the magnetic field itself, but there are risks in taking metallic objects into the field. All patients are asked a series of questions before the scan to eliminate these risks. Some patients may experience a heating sensation during the scan. Please advise the radiographer immediately if you are uncomfortable.

#### Safety Notice

Please note there can be a risk in entering a strong magnetic field.

You **must** contact the department if any of the following apply:

- You have a pacemaker or implanted cardiac device
- Aneurysm clips
- A cochlear implant
- A neurostimulator
- You have **ever** had metal in your eyes or metal injuries to any part of your body
- You are pregnant

Failure to contact the department about any of the above can result in a substantial delay and/or a wasted journey.

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## Before you come to the department

You **must** confirm your appointment. Unless you are told otherwise, you can eat and drink normally and continue with any medication. If enclosed, please complete the safety questionnaire and bring it with you to your appointment. A radiographer will check this with you, explain the procedure and answer any questions you may have.

It is important that you do not enter the scan room with anything metallic. Eye make-up and mascara may need to be removed as some types may interfere with the scan, therefore if possible avoid wearing to your appointment. You will be asked to remove any jewellery, piercings or other metal items. Please do this before attending for your scan if possible as we may not be able to perform your scan if they are not removed. Do not take credit cards, mobile phones or hearing aids into the scan room as the magnetic field can damage them and stop them working. Patients are reminded that if they do bring personal belongings with them to their scan, they are responsible for these items. You will be provided with a locker to secure any valuables during your scan. You will be asked to change into a hospital gown.

Transdermal patches (pain patches) that contain aluminium foil or similar metallic component may cause a burn to a patient undergoing an MRI. Additionally, there may be an increased deposition of drug via the transdermal route due to excessive heat generated during this procedure. It is strongly recommended that a transdermal patch be removed immediately prior to the MRI procedure. Please bring a new patch with you, which you can reapply after your MRI procedure.

If you have a FreeStyle Libre glucose monitoring system (or similar) you must remove it immediately prior to your MRI procedure. The effect of MRI on the performance of the system has not been evaluated. The exposure may damage the sensor and may impact proper function of the device which could cause incorrect readings. Please bring a new monitor with you to replace immediately after the MRI procedure.

## When you arrive at the MRI Department

On arrival to the MRI department, you will be greeted by the receptionist who will book you in, direct you to the waiting area and inform the MRI radiographer of your arrival.

We ask where possible for you to attend your appointment alone to minimise infection risks. However, if you require assistance, you can bring someone along with you to your appointment, they should remain in the waiting area for the duration of your scan. Ideally only the patient should enter the MRI scan room, but if you have a valid reason for requiring a family member or friend to accompany you during the scan, please discuss this with the radiographer. The family member or friend will be asked to complete a dedicated MRI safety questionnaire to make sure they are safe to enter the MRI scan room and to remove all metal objects from their body.

During your examination you will be cared for by a team of MRI radiographers. A radiologist or cardiologist may also be present. As this is a training and teaching hospital there may be student radiographers or medical students present within the department.

## Asking for your consent

The radiographer/radiologist will ask you if you are happy for the scan to go ahead. This is called verbal consent. If you do not wish to have the scan or are undecided, please tell the radiographer.

Students/trainees may be present during the examination but only with your verbal consent.

Please remember that you can ask the radiographer/radiologist any questions you have at any time before, during or after your scan.

## The MRI Scan

The scanner is shaped like a large, hollow cylinder which is open-ended and will remain open throughout the scan. You will go into the scanner either feet or head first. A piece of equipment called a coil will be placed around the part of your body that we are scanning. During the scan you will hear rhythmic tapping sounds which may become quite loud. This is normal and you will be given headphones or earplugs to protect your ears from the noise.

The computer, which operates the MRI scanner, is in a separate room to keep it away from the magnetic field. The radiographer can see you through the large window in the room. There is a 2-way microphone so that the radiographer can talk to you during the scan. It is important that you remain very still to ensure good quality images. The scan itself takes approximately 20 to 30 minutes but may be longer for certain examinations.

## After your scan

Once the examination is complete you can get dressed and go home.

## When will I get the MRI results?

The radiographer will not be able to tell you the results of the scan. The scan will be reported by a radiologist and the report will be sent to your referrer.

## Is there an alternative to an MRI scan?

The referrer has decided that an MRI scan would be the most useful in your case. The examination will help them assess you more fully and plan any further treatment that might be necessary. If you would like more information about alternative imaging modalities including not having the examination, please speak to your referrer managing your care.

## Further information

A free virtual reality App is now available on the Apple and Android App stores and is very useful for those who wish to experience what MRI is like before coming to the hospital. Search for virtual reality MRI or use following link:

[https://play.google.com/store/apps/details?id=net.belfasttrust.vrmri&hl=en\\_GB](https://play.google.com/store/apps/details?id=net.belfasttrust.vrmri&hl=en_GB)

## Image sharing

Your images will be electronically stored on the hospital picture archiving system. This data can be accessed throughout the Belfast Health and Social Care Trust and other doctors and health care professionals who are directly involved in your care. The ability to share images and radiological reports will improve the safety and quality of your care by ensuring that the right information is available in the right place at the right time.

In order to improve the medical services we provide we may also use your data as anonymously as possible for internal audit and medical education. If you would prefer that your data is not used for these purposes, please inform a member of staff when you attend for your examination.

If your data is to be used for research, then a separate consent process will be used. You will be asked for your consent, should this be the case.

## Contact us

If you have any queries, we will be happy to answer any questions on the day of your MRI scan or you can contact us on the number given on your appointment letter.

## Feedback

We hope you found the information in this leaflet helpful. If it did not tell you what you needed to know or you would like to provide any feedback on your experience please let us know so that we can make any necessary improvements.

### ***You can provide feedback on your experience:***

Telephone: **028 9504 8000** (Monday-Friday: 9am-4pm)

Textphone: **18001 028 950 48000**

By email: [compliments@belfasttrust.hscni.net](mailto:compliments@belfasttrust.hscni.net)

By email: [complaints@belfasttrust.hscni.net](mailto:complaints@belfasttrust.hscni.net)

By completing an online form: <http://www.belfasttrust.hscni.net/contact/FeedbackForm.htm>

## Care Opinion



We invite you to share your experience by clicking the following link:

<https://www.careopinion.org.uk/>

or by scanning the following QR code on your smartphone or tablet:



## Language and accessible support services -

### Deaf/Hard of Hearing

If a Sign Language interpreter is required, please either telephone **028 9615 8900** via the Sign Video remote interpreting service (<https://signvideo.co.uk/deaf-community/>) or email us at [MPHAdminFOH@belfasttrust.hscni.net](mailto:MPHAdminFOH@belfasttrust.hscni.net) and we will arrange one for your appointment. Please have your H&C number ready when calling or include it in your email. This can be found at the top right corner of any Health and Social Care letters you may have received.

If you are unable to hear on the phone and need to contact us with regards to your appointment you can email us at [MPHAdminFOH@belfasttrust.hscni.net](mailto:MPHAdminFOH@belfasttrust.hscni.net).

### Do you need this information in another format or language?

Your referrer should inform us if you require an interpreting service. However please confirm with us also so that we have the required interpreter present for the duration of your appointment. Unfortunately, if we do not know you need an interpreting service we cannot undertake your MRI scan, you will have to be re-appointed so the interpreting service can be organised in advance of your attendance. Furthermore, we cannot use the assistance of an accompanying family member or friend to provide interpreting, we must only use a HSC approved interpreter.

The Trust has access to interpreting and translation services. If you need this information in another language or format, including Braille, large print, CD, audio tape please contact the telephone number **028 9615 8900** or e-mail address [MPHAdminFOH@belfasttrust.hscni.net](mailto:MPHAdminFOH@belfasttrust.hscni.net), and we will do our best to meet your needs.

### Polish - Czy potrzebujesz tych informacji w innym formacie lub języku?

Fundusz ma dostęp do usług w zakresie tłumaczeń ustnych i pisemnych. Jeśli potrzebujesz tych informacji w innym języku lub formacie, w tym w piśmie Braille'a, dużym druku, na płycie CD, kasecie magnetofonowej, skontaktuj się z nami pod numerem telefonu lub adresem e-mail **028 9615 8900 / MPHAdminFOH@belfasttrust.hscni.net**, a my dołożymy wszelkich starań, aby spełnić Twoje potrzeby.

### Arabic - هل تحتاج هذه المعلومات بصيغة أو بلغة أخرى؟

تستطيع الجمعية توفير خدمات الترجمة الفورية والتحريرية. إذا احتجت هذه المعلومات بلغة أو بصيغة أخرى، بما فيها صيغة برايل Braille أو صيغة بالأحرف الكبيرة، أو في سي دي CD أو في شريط مسموع، يُرجى الاتصال برقم التليفون أو عبر البريد الإلكتروني [MPHAdminFOH@belfasttrust.hscni.net](mailto:MPHAdminFOH@belfasttrust.hscni.net) / **028 9615 8900**، وسوف نبذل قصارى جهدنا في تلبية احتياجاتك.

### Lithuanian - Ar jums reikia šios informacijos kitu formatu ar kalba?

Tarnyba gali suteikti vertimo žodžiu ir raštu paslaugas. Jei reikia šios informacijos kita kalba ar formatu, įskaitant Brailio raštą, didelį šriftą, kompaktinį diską, garso įrašą, skambinkite telefonu arba susisiekite el. paštu [MPHAdminFOH@belfasttrust.hscni.net](mailto:MPHAdminFOH@belfasttrust.hscni.net) / **028 9615 8900** ir mes padarysime viską, kad patenkintume jūsų poreikius.

### **Romanian - Aveți nevoie de aceste informații într-un alt format sau altă limbă?**

Trustul are acces la servicii de interpretariat și traducere. Dacă aveți nevoie de aceste informații într-o altă limbă sau într-un alt format, inclusiv Braille, tipărire cu caractere de mari dimensiuni, CD, înregistrare audio, atunci vă rugăm să ne contactați la numărul de telefon sau la adresa de e-mail **MPHAdminFOH@belfasttrust.hscni.net / 028 9615 8900**, iar noi vom face tot posibilul pentru satisfacerea necesităților dumneavoastră.

### **Tetum - Ita presiza atu informasaun ida ne'e iha formatu ka lian seluk ka lae?**

Fidusiáriu ida ne'e iha asesu ba servisu durubasa no tradusaun. Se Ita presiza informasaun ida ne'e iha lian ka formatu seluk, inklui letra Braile, letra boot, CD, kasete audio, entaun favór telefone númeru ka enderesu e-mail **MPHAdminFOH@belfasttrust.hscni.net / 028 9615 8900**, no ami sei halo esforsu tomak atu kumpre Ita-nia neseseidade sira.