

## INFORMATION AND PREPARATION SHEET

### MRI GYNAE SCAN

#### A guide to your MRI scan

You have been referred for an MRI scan. This leaflet explains what the scan 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; the scan uses a powerful magnet to take detailed pictures of your body. These pictures will help doctors find out what is wrong and plan treatment. 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 scanned.

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

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

MRI is very safe. 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 list of questions before the scan to eliminate these risks. Some patients may feel a heating/warming sensation during the scan. Please tell the radiographer immediately if you are uncomfortable.

#### Safety Notice

Please note metal items are a big 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
- Please let us know if you think you are pregnant.

Failure to contact the department about any of the above can result in a delay in getting your scan.

## Before you come to the department

You must phone the number on your appointment letter to confirm your MRI scan. Unless we tell you otherwise, you can eat and drink as normal and continue taking your usual medicines. MRI scanners use a very strong magnet. For safety reasons, **you must not take anything metal into the scan room.**

Please:

- Do not wear jewellery or piercings (remove them before coming if possible)
- Avoid eye make-up and mascara if you can, as some types can affect the scan
- Do not take credit cards, mobile phones, or hearing aids into the scan room, as they can be damaged

You will be given a locker to store your belongings, but you are responsible for them. You will be asked to change into a hospital gown.

Some pain patches contain metal and can heat up during an MRI, which may cause burns or release too much medicine into your body.

- You **must remove any pain patch before your scan**
- Please bring a new one with you so you can put it on again after the scan

If you wear an electronic glucose monitor, you **must remove it before your scan.**

- MRI scans may damage the device
- It may stop working properly or give incorrect readings

Please bring a replacement monitor to use after your scan.

## When you arrive at the MRI Department

When you arrive, the receptionist will:

- Check you in
- Show you where to wait
- Let the MRI radiographer know that you have arrived

We ask that you come to your appointment on your own, if possible, to help reduce infection risks. If you need help, you may bring someone with you. They should stay in the waiting area while you have your scan. If you need a family member or friend to stay with you during the scan, please talk to the radiographer first.

Anyone entering the scan room with you will:

- Complete an MRI safety questionnaire
- Be asked to remove all metal objects to make sure they are safe to enter the scan room

During your scan, you will be cared for by a team of MRI radiographers. A radiologist or cardiologist may also be present. As this is a teaching hospital, student radiographers or medical students may sometimes be in the department. They will only be involved with your permission.

## 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 runs the MRI scanner, is in another room to keep it away from the magnet. The radiographer can see you through the large window in the room. There is a microphone so that the radiographer can talk to you during the scan. It is important that you remain very still to get the best images possible. The scan takes approximately 20 to 30 minutes, but may be longer for certain scans. Depending on the scan, an injection of contrast media or dye may be required.

## What is contrast media and what are its benefits?

For some MRI scans, we may need to give you an injection of contrast (dye). This helps the pictures show more detail, so doctors can spot problems more clearly and sometimes earlier than they could without it. The contrast is given through a small plastic tube (called a cannula) that is placed into a vein in your arm or hand.

## What are the risks?

Before your scan, we will check whether you have had any previous allergic reactions. The contrast agent contains gadolinium, which may occasionally cause an allergic reaction or other side effects. Sneezing, wheezing, a runny nose, eye irritation, itching, hives, a skin rash, swelling of the face, mouth, hands, feet or throat, difficulty in breathing and low blood pressure may indicate an allergic reaction. Other side effects include headaches, nausea, and vomiting. If you experience any of these symptoms, please inform the Radiographer. If you have left the hospital, please contact your GP for advice. If symptoms occur out of hours, contact your local emergency department.

Contrast agents have been in clinical use worldwide for over 30 years. There are several types/brands of contrast agent that can be used for your MRI scan. In some patients, gadolinium has been retained in the body and there is the potential for this to happen to you. To date there is no scientific evidence that gadolinium retention can cause harm. We will always administer the lowest dose required to give us the most effective result for your MRI scan.

## Are there any alternatives?

Not all MRI studies need to use a contrast agent. If your MRI study does need to use these agents, a doctor (Radiologist) who is specially trained in the safety of these contrast agents will

have reviewed your medical history and decided that your MRI study needs one of these agents. The Radiologist will have selected the agent and dose that is right for your MRI study. If you have any questions, please ask a member of the MRI staff.

**Will I feel any pain?**

You will need to have a small plastic tube (called a cannula) placed into a vein in your arm or hand. This small tube allows us to give the contrast during the scan. You should not feel any pain but if you do, please let the Radiographer know.

You will be required to remain in the department for a minimum of 15 minutes after the injection, with the cannula in place. If you are feeling well after this, the cannula will be removed, and you can go home.

**I am breastfeeding – can I have the contrast if required?**

Studies have shown that only very small amounts of gadolinium contrast (dye) given to a breastfeeding parent could reach the milk, and an even smaller amount entering the babies gut is absorbed. The very small potential risk associated with this is not considered to be enough to consider suspending breastfeeding following contrast administration.

**Will I need an injection of Hyoscine butylbromide/ Buscopan® during my MRI scan?**

We may need to give you an injection of Hyoscine butylbromide (known as Buscopan). It is an ‘antispasmodic’ medicine, that is used to reduce spasm or movement in certain scans e.g. bowel or pelvis scans.

The injection will be administered by inserting a small plastic tube (cannula) into a vein in your arm or your hand.

**Please tell the MRI Radiographer if any of the following conditions apply to you:**

- You are allergic (hypersensitive) to Hyoscine bromide/ Buscopan
- You have glaucoma (an eye problem)
- You have megacolon (a very large bowel)
- You have ‘myasthenia gravis’ (a very rare muscle wasting problem)
- You have a very fast heart rate or suffer from angina
- You have difficulty or pain passing water (urine)
- You have gut blockage problems or a totally inactive gut
- You are pregnant or are breast feeding

**Side effects:** Include blurred vision, dry mouth and a faster heart rate. If you experience any of these, they should pass quickly.

If you still feel any side effects when your scan is finished, please tell the MRI staff so you can remain in the department until they pass. Do not drive or use any tools or machines until your sight returns to normal.

If you have left the hospital, please contact your GP for advice. If symptoms happen out of hours (after 5pm), contact your local emergency department.

### After your scan

Once the scan is finished 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 referring doctor.

### 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 needed. If you would like more information about alternative imaging modalities including not having the examination, please speak to your doctor 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.

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: <https://belfasttrust.hscni.net/contact-us/compliments-and-complaints/feedback-form/>



## 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?

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](mailto:MPHAdminFOH@belfasttrust.hscni.net), a my doložymy wszelkich starań, aby spełnić Twoje potrzeby.

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

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 [028 9615 8900/ MPHAdminFOH@belfasttrust.hscni.net](mailto:MPHAdminFOH@belfasttrust.hscni.net) 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 [028 9615 8900/ MPHAdminFOH@belfasttrust.hscni.net](mailto:MPHAdminFOH@belfasttrust.hscni.net), 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 [028 9615 8900/ MPHAdminFOH@belfasttrust.hscni.net](mailto:MPHAdminFOH@belfasttrust.hscni.net), no ami sei halo esforsu tomak atu kumpre Ita-nia nesesidade sira.