

## Preparing for: Cardiac MRI

### 1. THE TEST



#### Test date

You are scheduled for your appointment on \_\_\_\_\_ at \_\_\_\_\_.

Appointment times are subject to change. To provide thorough and appropriate care, we must devote the necessary amount of time to each individual patient, and the time this will take cannot be determined beforehand. If for any reason you are unable to make your appointment, please notify us as far in advance as possible.

#### What does the test consist of?

Cardiac resonance imaging (cardiac MRI) is a diagnostic imaging technique used to study the structure of the heart and large blood vessels and see how these are working. A cardiac MRI scan provides a detailed image of the heart, including its chambers and valves. It is a noninvasive procedure involving no X-rays or radioactive elements and which uses magnetic fields to obtain highly precise images.

MRI scanners are very sensitive to movement, so it is important that the patient remain still for the duration of the exam. The test takes about 20–60 minutes.

It is sometimes necessary to give the patient intravenous contrast dye to obtain a clearer picture of the area of interest. The most commonly used contrast agent is gadolinium.

#### FOR YOUR SAFETY

You must inform us before the test if any of the following applies:

- ✓ You have developed any type of allergic or adverse reaction to a contrast agent before;
- ✓ You are pregnant or suspect you may be.

In some cases, patients require intravenous medication to stimulate the heart for optimal test results.

For the test to be effective, it is essential that you follow the preparation instructions that appear below.

### 2. BEFORE THE TEST



#### 2.1. How to prepare

- **Refrain from drinking** coffee (including decaffeinated coffee), tea, energy drinks containing caffeine (e.g., Coca Cola®, Red Bull®), and alcohol **24 hours before** the test.
- You must fast prior to your test, avoiding solid food for **4 hours**.
- Come to the MRI examination room **without metal objects** of any kind, as doing so may cause the objects to become damaged or affect image quality, and some may even be dangerous. These objects include watches, glasses, contact lenses, hearing aids, magnetic stripe cards, piercings, and any other metallic object. You should also avoid wearing makeup, eye shadow, mascara, and nail polish.
- Wear clothes that are **easy to remove and put back on**.

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## 2.2. Precautions

It is very important that you notify us before your test if:

- You have developed any type of **allergic or adverse reaction** to contrast dye before;
- You are **diabetic** or have **liver or kidney failure**;
- You are **pregnant or suspect you may be**;
- **Women who are breastfeeding:** if your scan requires contrast dye, you can continue breastfeeding normally after the procedure (Note, however, that a very small amount of dye may be passed on to the child through breast milk. You may choose to avoid breastfeeding for the 12 hours following the test, opting to remove milk beforehand and administer the milk to your baby over the 12 hours after the test).
- You have a **pacemaker, prosthetic implant** (e.g., joint replacement, dental prosthesis), **metallic device** (e.g., screws, pins, plates), **recently inserted surgical staples**, etc.;
- If you have an implantable cardioverter-defibrillator (ICD), electrodes for the heart or brain, clip for a brain aneurysm, an **implanted electronic device** (e.g., brain stimulation device, drug-infusion port, ear implant) or a stent, you must furnish a medical report specifying the model you wear;
- You have a **tattoo** (Tattoo ink may have metallic components, possibly causing you to experience itchiness, tingling, pain, burns, or a burning sensation during the test. Although people with tattoos can have an MRI, the tattoos should be properly protected to avoid these problems.);
- You are **claustrophobic**. There may be difficulties if you have claustrophobia, or fear of enclosed spaces. (If you think you may become anxious inside the MRI unit, you should inform the technicians of this before the test.)

If you require any further explanation or clarification, do not hesitate to ask the staff working in the department where you will be having your test.

## 3. REMARKS



### Other documents

The safety questionnaire must be completed and signed before the test can be performed.

### Accessing your medical records

Once your test results have been analyzed by your doctor, you may access them on the **Patient Portal**. The Patient Portal is a private online space where you can manage all aspects of your health and that of your family—wait-free and with no unnecessary trips to the hospital. Manage your appointments and access your reports, test results, and imaging studies by going to

<https://www.quironsalud.es/es/portal-paciente>

### Contacting us by phone

Having difficulty logging on to the Patient Portal? Contact us by phone: 901 500 501

Thank you for your cooperation.