

Preparing for: MRI under sedation

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?

Magnetic resonance imaging (MRI) is a noninvasive diagnostic test used to obtain images of the inside of the human body from any perspective without X-rays or radioactive elements. It provides information on the structure and functioning of the organs.

Patients having an MRI scan are placed inside a machine, where they are subjected to a magnetic field. 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 approximately 30-60 minutes depending on the body part being studied.

It is sometimes necessary to administer an intravenous contrast agent called **gadolinium**.

Some patients require sedation, especially small children. If this is the case, you will be monitored at all times by the care staff performing the examination.

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.

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

On the day of your test:

- Refrain from drinking coffee (including decaffeinated coffee), tea, energy drinks containing caffeine (e.g., Coca Cola®, Red Bull®), and alcohol **12 hours before** the test.
- 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, earrings, piercings, and any other metallic object. You should also avoid wearing makeup, eye shadow, mascara, and nail polish.

Continued on the next page→

- **You must fast** before your examination:
 - ✓ **Infants:** Babies receiving breast milk should fast for at least 4 hours and at least 6 hours if they take artificial milk. Infants can be given a small volume of water up to 2 hours before the test.
 - ✓ **Children:** Avoid solid foods for at least 6 hours before the exam. Children can drink small amounts of clear liquids (water, fruit juices without pulp, non-carbonated and caffeine-free soft drinks) until 2 hours before.
 - ✓ **Adults:** Avoid solid foods for at least 6 hours. Adults can drink small amounts of clear liquids (water, fruit juices without pulp, non-carbonated and caffeine-free soft drinks) until 2 hours before.
- Wear clothes that are **easy to remove and put back on**.
- You must be accompanied by an adult. You must refrain from driving and drinking alcohol for 12 hours after the test.

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).
Our care staff will notify you if the type of sedative you will receive requires that you discontinue breastfeeding for a time after the exam;
- 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.).

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



Informed consent

The informed consent document must be read carefully, signed, and delivered before the test.

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

Contacting us by phone

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

Thank you for your cooperation.