



AUSTIN  
SPORTS  
MEDICINE

MAGNETIC RESONANCE IMAGING (MRI)

## HOW DO I PREPARE FOR MY MRI?



### CAN I EAT BEFORE MY SCAN?

You can eat, drink, and take your medications prior to the scan. You are encouraged to use the bathroom prior to the scan.



### NO PERSONAL ITEMS ALLOWED!

No personal items will be allowed in your possession during the scanning process. A locker will be provided for safekeeping of all your valuables.



### NO METAL ALLOWED!

You will be asked to remove all metallic items from your person, such as watches, jewelry, hairpins, eyeglasses and hearing aids.

## WHATS IMPORTANT?



If you are pregnant, or suspect you may be pregnant, speak with your Doctor or the MRI Tech prior to the scan.



If you have been diagnosed with kidney disease or have any of the following metal implants or objects in your body it is important that the Doctor and MRI Tech are aware **PRIOR** to you entering the MRI Room.

- |                         |                                  |
|-------------------------|----------------------------------|
| Aneurysm Clips          | Insulin Pump Implant             |
| Artificial Heart Valve  | Intra-Cranial Bypass Graft Clips |
| Cardiac Pacemaker       | Middle/ Inner Ear Prosthesis     |
| Eye/ Orbital Prostheses | Shrapnel or Bullets              |
| Hip or Knee Prostheses  | Sternal Wire                     |

## WHAT SHOULD I WEAR?



**KNEE & ANKLE** Shorts or pants that can be easily pushed up well above the knee or ankle with. No metal zipper, metal brads or metal buttons.



**SHOULDER, ELBOW & WRIST** Any shirt that contains no metal snaps or metal buttons. Sports Bras with no metal or underwires are acceptable.



**HIPS & SPINE** We will provide you with the necessary garments. You will be asked to change into a gown and shorts.

# THE DAY OF YOUR SCAN

## WHAT IS GOING TO HAPPEN?

Upon arrival please meet with the receptionist first to take care of any paperwork that requires your attention.

You will be escorted to the dressing room where you can store your personal belongs and change if needed. There is a bathroom across the hall from the changing room that you may use. You will then be escorted into the scanning room where you will meet the MRI technologist. This is who will be performing your scan. They will be explaining the procedure and will be available for any of your questions

The technician will then have you lay down on a padded table and make you as comfortable as possible. When you are ready they will bring the scanning process.

When the scanner is in operation, you will hear a pounding noise and some vibrations. This is the normal operating sound of the machine. In order to get a good image it is important that you stay completely still during the scanning process.



## HOW LONG DOES IT TAKE?

MRIs usually take 15-20 minutes to complete. You will be asked to stay completely still during each 2-5 minute segment that the MRI is imaging.

## WHERE AND WHEN SHOULD I GO?



**OUR NEW MRI FACILITY**  
**631 38th Street Suite D**  
**Austin TX 78705**



## ARRIVE 20 MINUTES EARLY

All MRIs are carefully scheduled and cannot be delayed. Please understand if you arrive late your test must be canceled and rescheduled to protect MRI testing for other scheduled patients.

## APPOINTMENT

Date: \_\_\_\_\_

Time: \_\_\_\_\_

### Arrive 20 Minutes Early

If you are unable to keep your appointment please contact us as soon as possible.

Have Any Questions Call Our New MRI Office

**512-450-1300 EXT.128**