

MRI

To schedule your exam, call Sonoma Valley Hospital Patient Access at (707) 935-5020

Minors must be accompanied by a parent or guardian.

MRI makes use of strong magnetic fields and safety precautions need to be observed, certain conditions may prevent you from having an MRI exam. When scheduling your appointment please provide the scheduling staff with any of the following conditions that may apply to you:

- Pacemaker
- Pregnancy
- Claustrophobia
- Neurostimulators (TENS-unit)
- Implanted drug infusion device (i.e., insulin pump or medication pump)
- History of working with metal (i.e., structural iron, steel workers, iron workers)
- Any injury involving metal fragments to your eye
- Shrapnel or bullet wounds
- Artificial heart valves
- Aneurysm clips
- Cochlear implants
- Metallic implants and prosthesis (i.e., knee replacement)
- Internal wires
- Shunt (Head/Abdomen)
- Vascular stent or stent graft
- Dorsal column stimulators
- Allergy to iodine, or gadolinium
- History of diabetes
- Permanent cosmetic makeup (i.e., eyelash extension, microblading, permanent eyeliner)
- Tattoos
- Dermal piercings
- Other conditions you believe to be relevant

If any of the medical implants are applicable to you, please be prepared to provide the manufacturer and model number of the implanted device, either at the time of scheduling or during the day of the exam.

It is important not to wear any metal or metallic objects during the exam. Metallic objects brought into the MRI environment can be attracted to the magnet or cause burns. Therefore, we ask that you not wear any of the following items during your participation.

- Earrings or other piercing jewelry
- Neck chains or similar jewelry
- Watches, bracelets or similar wrist jewelry



- Bobby pins or hair clips
- Hair extensions or hair weaves
- Glasses (you should wear contact lenses if possible)
- Removable orthodontic appliances
- Shoes with steel toes or shanks
- Clothing with metal filament (i.e., athletic and “tech” clothing)
- Eye shadow or mascara (these products frequently have a metallic base)

Clothing materials that are not recommended:

- Any compression wear
- Tight fitting spandex clothing

Prior to the Exam

- Please let us know if you need an interpreter
- If you are pregnant or may be pregnant, please tell your doctor or technologist
- Wear a wireless bra (no clips or underwire)
- Wear comfortable clothes 100% cotton
- Items such as belts, wallets, and keys will need to be removed
- The technologist will ask you to change into a hospital gown for most exams; a locker will be supplied to secure your belongings

Preparation for the Exam

- You will be asked to complete an MRI screening form prior to your exam. Your screening form will be reviewed by the MRI technologist in consultation with the radiologist as needed.
- Please bring a list of your current medications with you.
- Take your daily medications as you normally would, unless instructed otherwise.
- If you have claustrophobia, your doctor may prescribe an oral medication for you to take.
- The technologist will verify your identification and exam requested.
- The magnetic field generated by the MRI can cause damage to hearing aids. Inform the technologist of your hearing aids and remove them prior to entering the MRI scan room.

During the Exam

- The duration of the exam will vary, but the average is about 60 minutes.
- The technologist will position you on the motorized exam table and give you instructions.
- You may be asked to hold your breath.
- Depending on your MRI exam, an intravenous injection of contrast may be necessary.
- You will be provided with earplugs to minimize the noise during the procedure; if you are unable to secure the earplugs, request assistance from the MRI technologist.

