



HEATH LODGE CLINIC

A PERSONAL AND INDEPENDENT APPROACH TO CLINICAL SERVICES

Information about your MRI Scan

What is MRI Scan?

Magnetic Resonance Imaging or MRI is a type of scan that uses strong magnetic fields and radiowaves to produce highly detailed images of the inside of your body. It is a safe and painless investigation for both adults and children, the technique does not use X-rays and there are no known side effects.

An MRI scan can be used to examine almost any part of the body, including the:

- Brain and spinal cord
- Bones and joints
- Internal organs such as the liver, womb or prostate gland

The results obtained can be used to make a clinical diagnosis and treatment plan.

Before the Scan

How do I prepare for an MRI scan?

On the day of your scan, you will usually be able to eat and drink as normal and take any medicine you have been prescribed, unless otherwise advised by a member of the Bookings Team.

Please inform a member of the team prior to your appointment if you have any special requirements or disabilities, for example, if you have difficulty with hearing, poor eyesight or if you are claustrophobic or nervous about undergoing your MRI scan for any reason.

Can I bring a friend or relative with me?

Yes, you can bring a friend or relative with you, however, due to limited space in our waiting area we politely ask that you bring no more than one person and only if needed. They will not normally be able to accompany you into the scanning room for safety reasons unless there are special circumstances. If they do accompany you to the MRI suite, they must also answer some safety questions, similar to those you were asked upon booking.

Children over the age of 8 attending clinic for a scan must have a parent or guardian with them.

Children should not be left unaccompanied in the clinic and will not be allowed into the MRI Suite with you. You will need to make arrangements for them to have an appropriate adult over the age of 18 with them before you arrive for your scan. Please note that we do not have facilities or

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appropriate support for children to be left unaccompanied. Failure to bring a suitable adult to accompany a child may result in your appointment being postponed and a charge incurred.

What if I am claustrophobic and not sure if I will be able to go into the scanner?

The MRI scanners at Heath Lodge Clinic are 'wide bore' scanners which means they have more room for patients than older more traditional scanners. We have scanned many claustrophobic patients who have been happy with their experience.

If you have any concerns, we can make arrangements for you to speak to a member of our team who will explain the procedure and make some suggestions to help make your visit more comfortable. You may want to ask your doctor for a prescription for a mild sedative prior to the scheduled appointment.

Can I have an MRI Scan if I am or think I maybe pregnant?

If you are pregnant, you can undergo an MRI scan although it should be avoided within the first trimester and a suitability assessment will need to be approved by your Obstetric team and Gynaecological team before an appointment can be booked. It is very important to tell us if you think you might be pregnant or are pregnant.

What if I am Type 1 Diabetic and wear a Libre 1 or 2 monitoring device?

The Libre 1 (or 2) monitoring system will need to be removed before the MRI scan due to safety considerations. The Libre System has a metal pin which goes directly into the patient's arm which makes it incompatible for our scanners.

Clothing

For certain scans you can wear your own clothes, however, try and avoid any metals clips or fasteners. You may be asked to remove your bra if it is underwired for spinal, shoulder and some pelvic scans.

You may be asked to change into a gown if deemed necessary.

Jewellery

Please ensure that you remove watches and items of jewellery, including any religious jewellery and leave them at home for safe keeping – all piercings must be removed prior to attending an appointment.

Base metal items are not MR safe and must not be taken into the scan room as it could result in injury at the point of contact with the skin. The most common base metals include iron, steel, copper, lead, nickel, aluminium, titanium and zinc.

However, it may be possible to wear a wedding ring/engagement ring whilst being scanned.

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Piercings

Please note all piercings must be removed. This includes any piercings which may require professional removal such as dermal, cartilage or intimate piercings.

Tattoos

Any new tattoos must be fully healed.

Some tattoo ink contains traces of metal, but most tattoos are safe in an MRI scanner.

Please tell the radiographer if you feel any discomfort or heat from your tattoo site during the scan.

Other information

Please be aware that some dentures (false teeth), hair extensions and wigs may contain traces of metal.

All hearing aids must be removed when you enter the scan room but we would encourage you to wear them up until that point.

Please note that we do provide secure lockers for small personal items such as mobile phones, car keys and credit or debit cards.

When you arrive

Please arrive 15 minutes prior to your appointment time.

You will be greeted in a professional and friendly manner.

At reception you will be asked to confirm your name, date of birth and address and how you are funding the examination.

If you require the use of an audio induction loop, please advise reception on arrival.

Please inform the receptionist of any disabilities, (hearing, sight, mobility, learning disabilities) you may have. You will be asked to take a seat in the waiting room where we have amenities such as Wi-Fi, tea and coffee facilities.

A radiographer will accompany you to the MRI suite where the diagnostic examination will be carried out.

Please note If you are attending the clinic with an assistance/support dog, please make us aware prior to your appointment.

Disabled Access

Access to the building is via a front doorstep. On request, a ramp can be deployed to allow easier access. Doors throughout the clinic are accessible for wheelchair users and there are no changes in floor levels within the building on the ground floor. Disabled toilet facilities are available throughout the clinic.

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During your scan

In the scan room you will be positioned on the examination table, and the anatomical area to be scanned will be moved to the midpoint of the scanner, (whether you are positioned headfirst or feetfirst will be determined by the examination that we have been asked to carry out).

The radiographer, will leave the room once you have been positioned comfortably. They will sit behind a special window in the control room, away from the magnetic field generated by the scanner, where they can see you at all times.

You will be given a handheld call buzzer that you can press at any time during your scan, the radiographers will use the intercom from the control room to discuss your needs.

Your scan may last 20-90 minutes depending on the number and size of areas being scanned and how many images are taken.

The scanner makes a series of loud noises as the images are being taken and you will be provided with ear plugs and ear defenders for the duration of the scan. You may listen to music during the scan either through our MRI compatible headphones or a speaker in the scanner.

You will need to keep as still as possible during the scan as this will improve the quality of the images we obtain. Any movement can result in 'grainy' images and scan sequences may need to be repeated.

During your scan you may feel your body temperature increase and you may experience some tingling in your hands and feet, these are normal sensations.

For some types of examinations, you may be asked to hold your breath but you will be able to relax between imaging sequences.

The scan will not be painful, you will not feel any discomfort and there are no side effects.

Following your scan

The radiographer will give you a CD containing the images of your MRI scan which your referrer may wish to see. This will be in a PC format allowing medical professionals to view, however, your referrer should have access to the images on our secure online portal called Biotronics.

Please remember to keep this CD safe as it contains personal and sensitive data, and it becomes your responsibility at the point of hand over.

A charge is payable for a replacement or additional CD.

If you are a self-paying patient, a member of our reception team will take payment of your fee before you leave the clinic, you may make payment by credit Card or debit Card. Please note we do not accept American Express.

If you are an insured, NHS or medico-legal patient we will invoice the relevant party directly.

Medico-legal and NHS patients are not given a CD on the day as these will be sent directly to the referring party.

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Your imaging results

Please allow approximately 7 working days (first day being the day after your scan appointment) for a copy of the full radiology report to be sent to your referring clinician. On occasion some externally reported imaging scans may take longer than 7 working days to obtain the radiology report.

Please note that you WILL NOT receive a copy of your report from us. The report is sent directly to your referring clinician who will discuss any findings with you. If you require a copy of your scan report, please request this from your referrer.



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