

# Patient Information—MRI Scan

## Step 1: Schedule Your Appointment

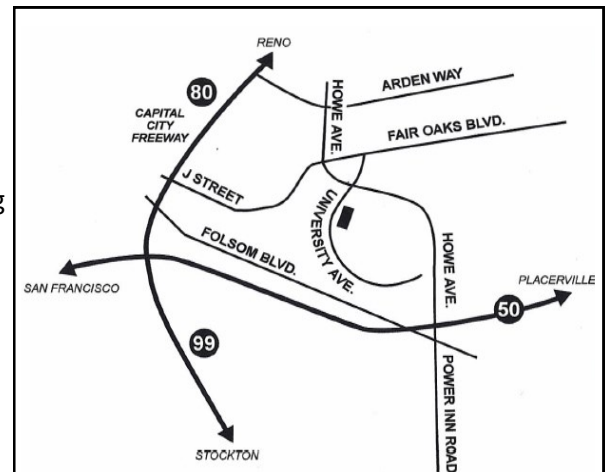
After your doctor orders your MRI, call University Medical Imaging at **916-922-6747** to schedule your scan and provide some basic medical history.

## Step 2: Know What to Expect

- No advanced preparation is needed for most MRI scans. You can eat a normal diet and take routine medications.
- You may be able to wear your own clothing if it is loose fitting and has no metal fasteners.
- Some types of MRI scans involve a contrast injection. When you schedule your appointment, staff will discuss whether this injection or other special considerations are necessary.
- If you are claustrophobic, talk with your doctor in advance about sedating medication.

## Step 3: Day of Your MRI Scan

- Arrive at your scheduled time to prepare for your MRI scan.
- Remove jewelry, eyeglasses and other metal objects before entering the scanning room. You may also need to change into medical scrubs.
- Because the scanning process produces buzzing or knocking noises, ear plugs are provided for your use.
- Your MRI technologist will position you on a padded table that will move slowly through the scanner. Your positioning will depend upon the area of your body to be scanned. The MRI technologist can see, hear and speak with you at all times. In most cases, you may have a friend or relative stay in the room with you.
- The scan process usually takes about 20 to 30 minutes. Your job is to simply relax and hold still.



### From Highway 50:

- Exit on Howe Avenue; travel North.
- Turn left onto University Avenue.
- Turn left into the parking lot at **500 University Ave.**
- Park near the MRI Annex Building, located behind the Sacramento Heart Scan building. Proceed to **Suite #117.**

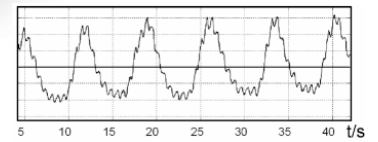
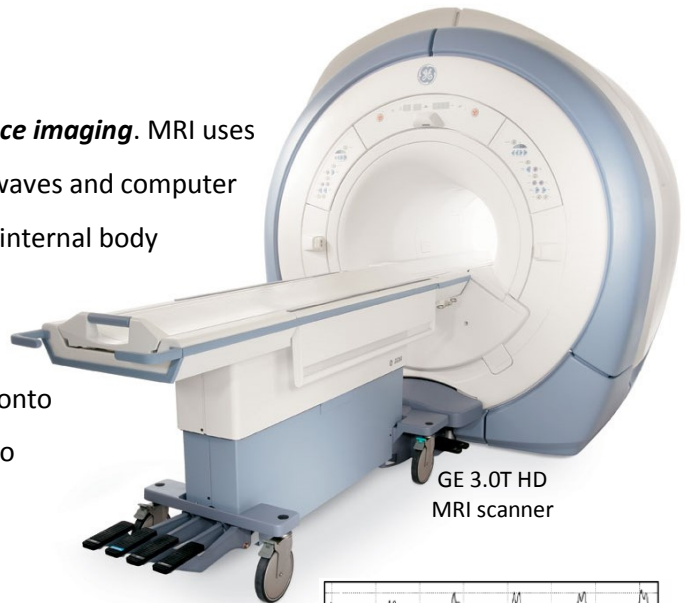
## Step 4: After Your Scan

- A board-certified radiologist will review your images. A report of these results will be sent to your referring physician within 12 to 24 hours.
- Make an appointment with your doctor to discuss the results of your MRI exam.

# What is an MRI?

MRI stands for **magnetic resonance imaging**. MRI uses special powerful magnets, radio waves and computer technology to produce images of internal body structures. These images can then be viewed on a computer screen, printed on film or copied onto a CD. Physicians use the images to help diagnose and treat medical conditions.

Unlike X-rays, MRI does not use ionizing radiation, making it a very safe, non-invasive and painless way to get a clear picture of what is going on inside your body.



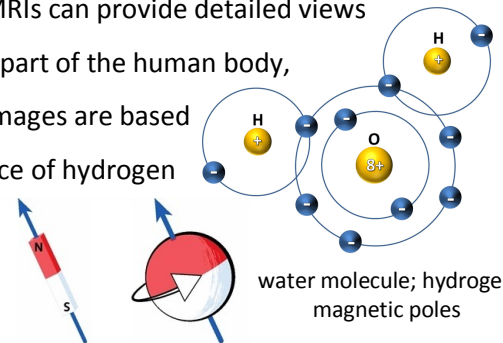
radio wave frequency



MRI scan image of ankle

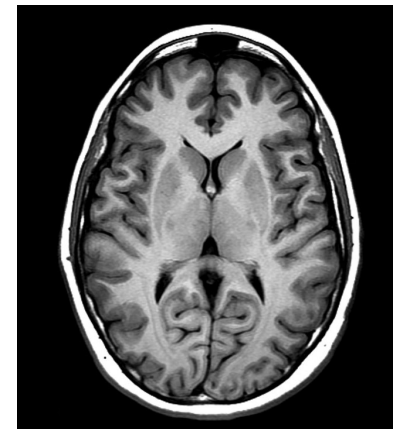
MRIs are also important because they show soft tissues — like your brain, muscles, tendons and organs — not just bones. MRIs can provide detailed views of almost any part of the human body, because the images are based on the presence of hydrogen molecules.

Our bodies are made up



of mostly water which contains hydrogen.

At University Medical Imaging, we use a 3.0T HD MRI scanner, which is the most powerful available for clinical use. It produces twice the image resolution (clarity and detail) of most scanners available in the Sacramento area. The increased power of our scanner also reduces the length of time it takes for the scans to be performed. Less time spent on the scanner table results in a faster, more comfortable MRI exam.



MRI scan image of



[umimri.com](http://umimri.com)

