

Please report to the reception desk in the CT/MRI scanner department.

**It is important that you read your appointment letter carefully as arrival time is earlier than appointment time**, in order to carry out essential preparation. Late arrival may result in cancellation of your appointment due to the limited availability of space and very strict scheduling times.

**Allow up to 2½ hours for this appointment, which will include waiting time.**

### **HOW DO I GET TO THE M.R.I. SCANNER?**

The quickest route to the CT/MRI Scanner suite is via the main hospital entrance.

#### **TRAVELLING BY CAR:**

Limited parking is available in the Pay and Display Car Park.

#### **TRAVELLING BY BUS:**

Wilts and Dorset and the Yellow buses have over 10 routes which stop at the hospital. For all public transport information call travel line on 08706 082 608 or visit [www.travelinesw.com](http://www.travelinesw.com)

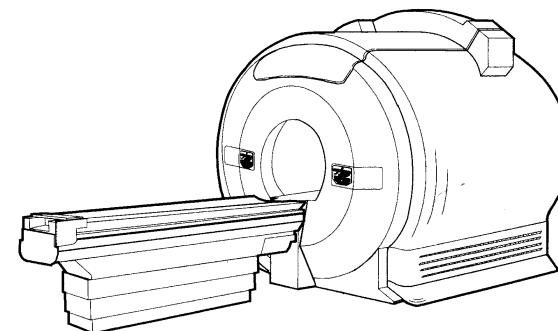
**ALTHOUGH WE ENDEAVOUR TO KEEP TO THE ALLOCATED APPOINTMENT TIME, THIS IS NOT ALWAYS POSSIBLE AS WE PROVIDE AN EMERGENCY SERVICE FOR THE HOSPITAL.**

**If you cannot attend or have any queries regarding your appointment do not hesitate to telephone us on 01202 704993 well in advance of your appointment date.**

**Remember that the appointment you cannot attend is very valuable to someone in pain or distress. If you do not attend, and you have not cancelled the appointment, you will not be offered a second chance.**



## **MRI PERFUSION HEART SCAN INFORMATION FOR OUT-PATIENTS**



**Please read the enclosed appointment letter, and read this booklet carefully. It contains important information about your scan. Please complete the form in the middle of the booklet before your scan appointment & bring it with you on the day of your scan.**

**CT/MRI DEPARTMENT  
ROYAL BOURNEMOUTH HOSPITAL  
CASTLE LANE EAST  
BOURNEMOUTH  
DORSET  
BH7 7DW**

**TELEPHONE NUMBER 01202 704993**

## MRI SAFETY INFORMATION

**SOME ITEMS INSIDE YOUR BODY MAY MEAN THAT IT IS HARMFUL OR UNSUITABLE FOR YOU TO HAVE AN MRI SCAN.**

**PLEASE TELEPHONE THE CT/MRI department IMMEDIATELY (01202 704993) IF:**

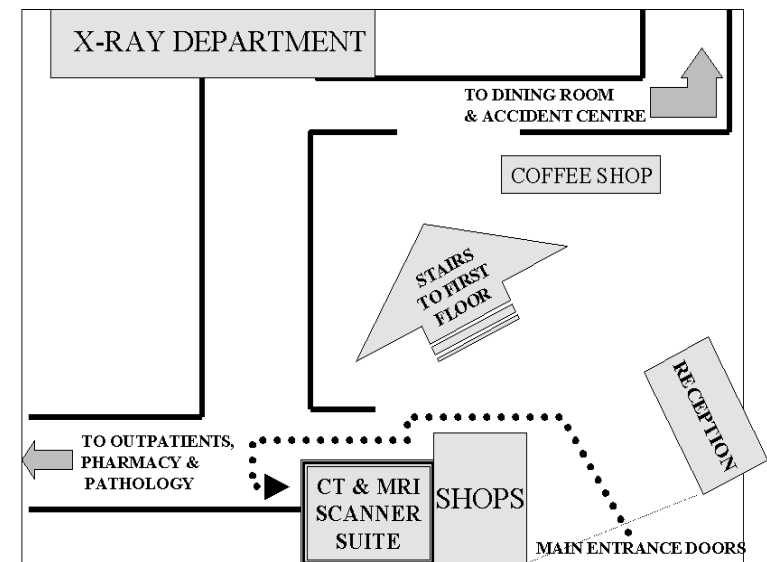
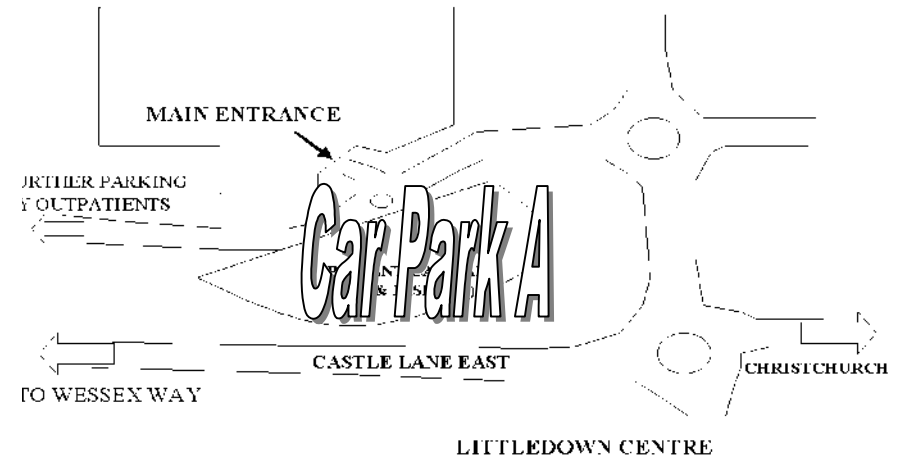
1. YOU HAVE A HEART PACEMAKER OR HEART VALVE
2. YOU HAVE EVER HAD METAL FRAGMENTS ENTER YOUR EYES – EVEN IF IT WAS LONG AGO OR REMOVED.
3. YOU HAVE EVER HAD A SHRAPNEL/SHOOTING WOUND
4. YOU HAVE HAD OPEN HEART SURGERY
5. YOU HAVE HAD SURGERY ON YOUR HEAD OR A HYDROCEPHALUS SHUNT
6. YOU HAVE IMPLANTED METAL ANYWHERE IN YOUR BODY
7. YOU HAVE AN ELECTRONICALLY OR MAGNETICALLY ACTIVATED OR ATTACHED IMPLANT ANYWHERE IN YOUR BODY
8. YOU HAVE A FALSE EYE
9. YOU THINK YOU MIGHT BE PREGANT
10. YOU ARE CURRENTLY BREAST FEEDING
11. YOU HAVE BODY PIERCING THAT YOU CANNOT REMOVE.

**Failure to inform the scanner suite of any of the above, may mean that we are unable to perform your scan, and the appointment slot will be wasted.**

**FOR THIS SCAN WE ALSO NEED TO BE INFORMED IF YOU USE AN INHALER FOR ASTHMA**

**TELEPHONE THE CT/MRI DEPARTMENT ON 01202 704993 IF YOU HAVE ANY OF THE ABOVE.**

## **HOW TO GET TO THE ROYAL BOURNEMOUTH HOSPITAL CT/MRI SCANNER SUITE**



## **WHAT IS AN M.R.I. SCAN?**

MRI is an imaging procedure that uses a very strong magnetic field, radio waves and a computer to produce very detailed images of human anatomy, without the use of X-rays. The scan is performed by a specialist radiographer.

A specialist doctor (called a radiologist) views the images on a computer screen and interprets the results.

## **IS IT HARMFUL?**

There has been extensive research into the effects of exposing the human body to the electro-magnetic fields the MRI scanner creates. To date, there are no known harmful effects from MRI. However, the strong magnetic field surrounds the magnet at all times. This may be a hazard to some people, e.g. those fitted with a heart pacemaker. For this reason, every person entering the MRI scanner is required to fill out a form to assess their suitability to undergo an M.R.I. scan or to enter the MRI room.

## **PREPARATION**

If you are taking medication please continue to do so.

**It is important that you DO NOT HAVE ANY CAFFEINE (i.e. Tea, Coffee or Chocolate) in the 24 hours prior to your scan and do not smoke in the 4hrs prior to your scan.**

Other than that you should eat and drink normally.

You will be required to change into a hospital gown for the scan. We will need to attach heart monitoring equipment to your chest..

There is a possibility that men may have to have some chest hair shaved. Please do not wear jewellery (except wedding rings), hair slides, hairgrips or body piercing as these will degrade the scan pictures and could cause you injury. Dental fillings, crowns and caps will not cause problems but you may be asked to remove hairpieces, dentures, and foil backed

drug patches before the scan. If you have body piercing that you cannot remove please telephone us.

Lockers are available for personal items such as watches, keys, coins, pens, spectacles, hearing aids, credit cards with magnetic strips etc. The hospital does not accept responsibility for any losses.

**Please find out your weight (preferably in kilograms) and height (preferably in metres) prior to your appointment.**

**During an MRI heart scan you are unable to listen to music, as we will need to play you breathing instructions through the headphones.**

## **THE SCAN PROCEDURE**

Before your scan the radiographer will explain the procedure and answer your questions. The scan is performed while you lie on a couch surrounded by the magnet. A plastic 'coil' will be wrapped around your chest (this is a sophisticated radio aerial that is necessary to obtain pictures of your heart). The scan will take between 30-45 minutes. The radiographer can communicate with you via a 2-way intercom throughout. The scanner is very noisy when it is operating, producing loud banging and droning sounds. You will be provided with headphones or earplugs to reduce the noise as much as possible. Each time the scanner takes a picture you will need to hold your breath so it is important to remain alert and follow the instructions given to ensure the best pictures possible.

It will be necessary to lie down flat and keep still for 30-45 minutes. If you think you will be in too much pain or distress to do this, please discuss your problems with your GP, or the doctor who is sending you for this scan. He/she may be able to prescribe some painkillers to help with the pain. If you still think you will be in too much pain to go ahead with the scan, please contact us prior to your appointment. If you are particularly claustrophobic or anxious, please contact us to possibly arrange a visit to the department prior to your appointment.

### **WILL I HAVE AN INJECTION?**

To gain valuable information regarding the function and blood supply to your heart it will be necessary to give two different injections, one in each arm. One of these injections involves a substance called adenosine which is used to assess how your heart responds to exercise. Adenosine is very safe but you may experience a flushed sensation and be aware of your heart rate and breathing increasing during the 3-4 minutes of the injection. These effects wear off within a few minutes of stopping the injection. The second injection is an MRI contrast dye. Neither injection contains iodine or is radioactive.

### **HOW LONG WILL IT TAKE?**

No two scans are the same, and each is tailored to suit the individual, and will vary accordingly. Most heart scans take between 30-45 minutes.

### **IS IT A PAINFUL TEST?**

The radiographers operating the scanner will endeavour to make your visit as comfortable as possible. You will need to lie flat with your head on a pillow. Please contact us if you feel you will be unable to lie flat for 30 minutes.

### **ARE THERE ANY AFTER EFFECTS?**

There should be no after effects and you may eat and drink as usual and resume your day to day routine once the test is over.

### **WHAT IF I THINK I AM PREGNANT?**

**If there is any possibility that you may be pregnant, or it is more than 28 days since your last period and you have not been sterilised or had a hysterectomy, please telephone the CT/MRI department for advice.**

YOU WILL NEED TO HAVE AVAILABLE THE DATE OF YOUR LAST PERIOD.

### **WHEN WILL I GET THE RESULTS?**

A typical perfusion MRI heart scan produces hundreds of images which must be analysed, processed and carefully viewed by a radiologist specially trained in cardiac MRI. The results will usually be sent to the doctor who referred you for the scan within one week. Please discuss with your referring doctor how you will obtain the results after the scan.

### **WHAT IF I HAVE FURTHER QUESTIONS?**

Please feel free to ask about any aspects of your test by telephoning us prior to your scan on 01202 704993. We welcome all enquiries, and can help to allay fears and anxieties about the procedure. We would ask however that we are given the opportunity to discuss and resolve any issues you may have well in advance of your planned appointment.