

MRI

Patient Information



www.cobalthhealth.co.uk
01242 535900

Registered Charity No: 1090790



Cobalt
Medical Charity
Diagnosis • Research • Education



This leaflet aims to answer questions about having an MRI scan

What is an MRI scan?

Magnetic Resonance Imaging (MRI) produces very detailed images of the body. The scanner uses a powerful magnet, radio waves and computers to generate images. MRI scans are used to help diagnose and monitor a wide range of medical conditions and can provide detailed information about organs, muscles, joints, the brain, spine and other soft tissues.

Why am I having an MRI scan?

Your referrer (usually a doctor, physiotherapist or other medical professional) has decided an MRI scan is the best option for you to diagnose or assess your condition.

How do I prepare?

In most cases, no special preparation is needed before your MRI scan. You can usually eat and drink as normal and continue to take any prescribed medication unless you have been advised otherwise. If there are any special instructions for your scan, we will discuss these with you when your appointment is booked.

If you wear a continuous glucose monitor (CGM), such as a Freestyle Libre, Dexcom or Zoe sensor, it must be removed before entering the MRI scan room. Please plan the timing of applying a new sensor around your appointment.

What happens when I arrive for my appointment?

A member of our imaging team will welcome you when you arrive and help you prepare for your MRI scan. Before your scan, you will be asked to complete an MRI safety questionnaire, and we will be happy to answer any questions you may have. If required, you will also be asked to provide your consent before the scan.

Before entering the MRI scan room, you will need to remove all metal objects, including jewellery, watches and smartwatches, hair grips, piercings, belts, and clothing with metal zips or fastenings, as the scanner uses a powerful magnet. Please also remove any bank or credit cards, as the magnetic strip or chip may be damaged. A secure locker will be provided for your personal belongings.

If you are having a scan of your head or eyes, please do not wear eye make-up, as some cosmetic products contain tiny metallic particles that can affect the images. If you wear a medication patch (also known as a transdermal patch), please tell a member of staff. Some

patches contain metal or may be affected by the MRI scanner and may need to be removed before your scan.

What should I wear?

We recommend wearing comfortable clothing that does not contain metal, such as zips, buttons, buckles or metallic threads. If possible, avoid wearing underwired bras or bras with metal clips or adjustable metal straps.

If your clothing contains metal or is not suitable for the scan, you will be provided with loose-fitting clothing to wear during your appointment. What happens during your MRI? Your radiographer will help you lie comfortably on the scanning couch, which will then move into the MRI scanner. During the scan, you will need to keep as still as possible to help produce clear images.

The scanner makes a series of loud tapping and knocking noises while the images are being taken. You will be provided with ear protection, and we can play a selection of radio stations through headphones to help make you more comfortable. Although the radiographer will

Important

Because of the strong magnetic field some people are not suitable for scanning by MRI. Please contact us before coming for your appointment if you have any doubts about whether you are suitable for MRI or if you have, or have had, any of the following.

- A pacemaker or implantable cardiac defibrillator
- An electronic device such as a neurostimulator anywhere in your head or body
- An artificial heart valve
- A cochlear implant
- Arterial clips, particularly, 'aneurysm' clips

(these are metal clips that are inserted during some operations, especially in the blood vessels or the brain)

- Metal fragments in the eye, head or body (if you suspect that a metal fragment may have entered your eye, particularly if you have ever worked with a lathe or metal grinding equipment please contact us for advice)
- Any surgery in the six months before your appointment date
- Any surgery which involved placing implants in your head or body

be in the adjoining control room during the scan, they will be able to see, hear and speak to you at all times. If you need assistance at any point, you will be able to alert the radiographer.

How long will it take?

The length of your appointment will vary depending on the type of MRI scan you are having, but most scans take around 20 to 30 minutes.

We always aim to see you at your scheduled appointment time. However, some scans take longer than expected or patients may require additional care, which

means there can occasionally be a short delay.

Is it safe?

MRI scans do not use ionising radiation, making them a very safe imaging technique. However, because the scanner uses a powerful magnet, it is important that you tell us if you have any implants, medical devices or have had surgery previously, as these may affect whether you can have an MRI scan.

Will I need an injection?

Some MRI scans require an injection of contrast, a substance that helps

certain parts of the body show up more clearly on the images. If needed, this is usually injected into a vein in your arm or the back of your hand by a qualified member of staff.

If a contrast injection is recommended, it will be fully explained to you beforehand, and you will be asked to provide your consent.

What if I'm pregnant?

There are no known harmful effects from MRI scans. However, as a precaution, MRI scans are not usually performed during pregnancy unless they are considered essential. If you are, or think you may be, pregnant, please tell a member of staff before your scan.

For your comfort

We will do our best to make you as comfortable as possible during your MRI scan. Please let us know if you have any individual needs or concerns before your appointment. In some circumstances, we may be able to allow an adult family member or friend into the MRI scan room with you, or help you find a more comfortable position for your scan.

What happens after my appointment?

There are no after-effects from your

MRI scan, so you can return to your normal activities straight away.

How do I get my results?

Your referrer should receive your scan report within one week. We recommend making an appointment with your referrer to discuss your results.

The radiographer will not be able to give you your results on the day of your scan, as your images need to be reviewed and a report prepared by a specialist doctor.

Any questions?

If you have any questions, please don't hesitate to ask.

You can contact us through:

✉ enquires@cobalthhealth.co.uk

☎ 01242 535900

If you would like to visit the department before your appointment, please contact us. More information can be found on our patient page on our website:



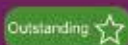
www.cobalthhealth.co.uk



Did you know Cobalt is a *charity*?

We deliver quality, patient-focussed diagnostic imaging; we undertake research, mainly in cancer and dementia; and we invest in sustainable innovation and improving patient care. We educate medical professionals and support the development of the next generation of healthcare workers.

We partner with colleagues in the NHS, like-minded people in local communities, experts and pioneers. To make all this possible, we depend on donations and income from our services.



MARCH 26



www.cobalthhealth.co.uk
01242 535900

Registered Charity No: 1090790

V14 August 2026. We review our patient leaflets for accuracy every 12 months.

 **Cobalt**
Medical Charity
Diagnosis • Research • Education