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## Patient Information for Fasting MRI Scan

### **IMPORTANT**

Due to the strong magnetic field not everyone is suitable for an MRI scan. If you have any of the following, please contact us on our free-phone number, when you receive your appointment letter: -

- **Heart Pacemaker/ Defibrillator** (Please contact us even if you have previously scanned so we can make sure you are booked in an appropriate slot)
- **Aneurysm clips in the brain**
- **Metal fragments in eyes, head or body**
- **Ear Implant**
- **Implanted Nerve Stimulator**
- **Continuous Glucose Monitor** eg Libre ( these can't be worn in the scanner and have to be removed and a new one applied after the scan)
- **If you have had an operation within the last 6weeks**
- **If you think there is a chance of you being pregnant**

### **On the day of your appointment**

**PLEASE ARRIVE IN THE MRI DEPARTMENT 15 MINUTES BEFORE YOUR APPOINTMENT TIME TO ALLOW FOR PREPARATION.**

A member of staff will explain the procedure to you and run through a detailed safety checklist to ensure you have no metal objects on your person or within your body. Any questions you may have will be answered by a member of staff.

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*For further information contact  
RADIOLOGY Department - 01463 706062*

**You can expect to be in the department for 40 minutes to 1½ hours depending on the scan type**

**But Please note appointment times can sometime be delayed to allow the department to fit in emergencies. The department will work to keep any delays to a minimum**

### **Preparation Instructions**

- **Do not eat any food or drink any fluids 4 hours prior to your appointment time**
- Continue with any prescribed medication. **If Diabetic see Diabetes information below.**
- Because of the strong magnetic field, you will be asked to put on a hospital gown. If you prefer your own clothes, a zip less tracksuit or pyjamas can be worn.
- You will be asked to remove any metal objects such as watches, jewellery, keys, coins, credit cards, hair grips etc... You may prefer to leave these objects at home although a locker is available.
- Please do not wear any mascara on the day of your scan. It contains iron which can interfere with the quality of the scan.
- If you wish music to be played during your scan, you may bring a CD of your choice.

### **Diabetes**

#### **Diabetes treated with tablets**

- Take diabetes medication with food as prescribed before fast.
- Omit morning dose on day of appointment
- Resume usual diabetes medication as prescribed with food following procedure.

#### **Diabetes treated with insulin**

- May require reduction (30 – 50%) in insulin dose prior to fast to prevent hypoglycaemia.
- People with type 1 diabetes should continue basal (long acting) insulin as prescribed. Basal insulin preparations include Lantus, Levemir, Insulatard and Humulin I.
- Resume normal insulin as prescribed with food following procedure.

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- If BD insulin regimen is restarted at lunchtime it is recommended that half of the normal “breakfast” insulin dose should be prescribed with lunch after procedure.

**What if your blood sugar is low (<4mmol/l)**

If you develop any symptoms suggestive of a low blood sugar (sweating, shakiness, fast heart rate) check blood glucose if you have a meter and treat with 150 ml fresh fruit juice. Repeat blood glucose after 10 mins and take the same quantity of fresh fruit juice if still <4. If you don't normally check your blood glucose, take another 150 ml fresh fruit juice, if you still have symptoms 10 mins after the initial treatment.

FIZZY JUICE REQUIRES TO BE AVOIDED PRIOR TO APPOINTMENT SO LUCOZADE IS NOT SUITABLE.

**Transport**

For assistance on public transport to the hospital please call 0871 200 22 33 To see if you can get help with travel costs telephone 0845 850 11 66 For Ambulance assistance to attend your hospital appointment please call 0300 123 123 6.

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