

What to Expect From an MRI

If you have been scheduled for a magnetic resonance imaging (MRI) exam, it means your doctor would like to have a closer look at your tissues or organs. MRI is safe and does not use radiation.

Preparation

- Eat and drink as you normally do.
- Continue to take your medications unless instructed not to.
- Wear comfortable clothes to your appointment.
- Do not wear jewelry or makeup.

MRI uses a magnetic field and radio waves to create computer-generated images. In other words, it is a giant, tube-shaped magnet. It is important to remove any metal objects before you enter the magnet, and you will be asked about any implants or devices that may interfere with the exam.

On the Day of Your Exam

- Check in for your appointment on the Connect patient portal. You may also check in when you arrive at the imaging center.
- Remove all metal objects, including jewelry, hair accessories, wallets, and keys. We will give you a locker to secure them.
- We will review your medical history and MRI Safety Checklist with you.
- Some MRI exams require contrast, or dye, to help highlight certain parts of your body. If you are having an MRI with contrast, a nurse will insert an IV, usually in your arm. The contrast will be administered during the exam.

- A technologist will ask you to lie on the MRI table with your head on a pillow or in a padded cradle. The technologist may place a device called a coil around the area of the body that will be looked at.
- You will be offered a blanket, headphones, and earplugs. You will also be given an emergency call bell in case you need to urgently contact the technologist.
- The table will slide into the scanner, and a red light may shine on your body momentarily to position the area of interest in the center of the scanner. The technologist will leave the room but will be able to see, hear, and speak with you at all times.

The scanner has an intercom system so that you can hear and talk with the technologist. Please speak up so that the technologist can hear you clearly.

- During the scan, it is important to lie still and relax so that we can record clear images. We may ask you to hold your breath for short periods of time. The MRI scanner will make loud clicking, buzzing, banging sounds, and you may feel vibrations. This is normal and you should remain relaxed and still.
- An MRI scan can take from 15 minutes to one hour. Most exams take between 20 to 30 minutes. After the exam, you can immediately resume your normal activities.

Results

A radiologist will review and report on the MRI images and will share the results with the doctor who requested the exam. Your doctor will then discuss the results with you.

How to Access Your Images

You can view, download, or share your exams through your Connect patient portal. To sign in or sign up for Connect, visit [MyConnectNYC.org](https://myconnectnyc.org). Once you are logged in, select "View Radiology Images" from the menu.