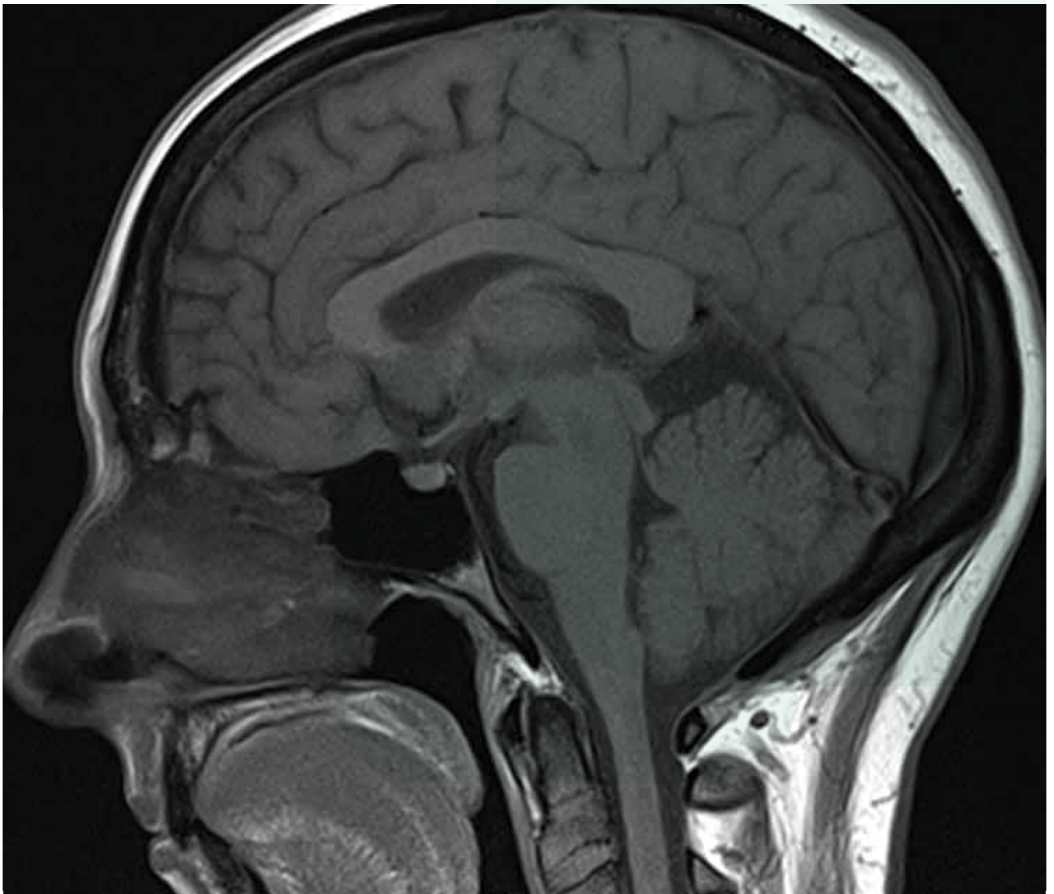


NMR

Radiology



AZ JAN PORTAELS
Algemeen Ziekenhuis Vilvoorde

Table of contents

What is NMR	3
Preparation	4
How does it work?	5
Aftercare	6
Your results	6
Conclusion	7
Useful contact details	7

In order to make our brochures easier to read, we always use the third person singular male "he", regardless of the gender of the subject of the sentence.

What is NMR?

- NMR = Nuclear Magnetic Resonance
- MR-exam = Magnetic Resonance Examination
- MRI = Magnetic Resonance Imaging

All these different names mean the same thing. MRI is a medical imaging technique that uses a magnetic field and short radio waves to generate signals in the body.

These signals are then picked up by an antenna and transformed by an antenna and a computer into images of the part of the body being examined. This examination is safe and painless. No X-rays are used.

Preparation

Due to the strength of the magnetic field, this test is subject to certain restrictions and contraindications. In order to detect these, we will have you fill in a questionnaire (screening form). Please do this as thoroughly and completely as possible.

- An NMR can only be performed by appointment and on the prescription of a doctor.
- You should sign in at the Radiology Department desk 20 minutes before the examination begins.
- Patients with claustrophobia (i.e. fear of confined spaces) may sometimes feel oppressed inside the NMR machine. In this case, the requesting doctor may prescribe a sedative.
- Your loved ones and other accompanying persons can wait for you in the waiting room. Only professional escorts and persons accompanying young children are allowed in, with the necessary precautions.
- If you are coming for an MRI scan and have small children, please make your own childcare arrangements.
- Please let us know if you cannot attend your appointment. By cancelling your appointment in time, you give us the opportunity to help other people more quickly.
- If you are unable to attend your appointment, please cancel it at least 24 hours in advance. Otherwise you will receive an invoice for compensation of 25 euro.
- You may eat and drink normally on the day of your test, except if you are having an MRI of the liver, bile ducts or pancreas, in which case you must have fasted for 4 hours before the examination.
- You can take any medication you may be taking as usual.
- Please empty your bladder about 30 minutes before the start of the examination.

Pregnancy and breastfeeding

If you think you might be pregnant, you should inform the radiologist when you make your appointment, and also the nurse before the test begins. The need for an MRI examination during pregnancy is always discussed in advance between the radiologist and the requesting doctor.

If you are breastfeeding, you can continue to do so after the MRI scan, as the intravenous contrast medium used is not harmful to your baby. However, if this worries you, you can stop breastfeeding for 24 hours after taking the product, and discard your milk. You can also express your milk as a precaution in order to feed the baby during this interruption.

How does it work?

Safety first! Given the strength of the magnetic field, you must not bring any metallic objects (hairpin, denture, wig, watch, jewellery, belt, keys, bank cards, coins, etc.) near the machine. You will be assigned a booth where you can leave objects that might be attracted by the magnet. **If you are wearing unremovable jewels or piercings, please tell the nurse so before the examination begins.**

You will be asked to undress (you may only keep your socks on) and to put on an examination gown. The presence of any alien object in your body (e.g. pacemaker, tattoo...) has previously been mentioned by you in the screening form (see Preparation).

The nurse will accompany you to the MRI room and place you on the examination table. This table slides through a circular tunnel that is open on both sides. You are not locked in and ventilation is good. The part of the body to be examined will be in the middle of the tunnel.

You will be given a small bell which will allow you to contact the nurse during the test if necessary. The examination lasts between 15 and 40 minutes on average.

The nurse can still see you while you are lying on the examination table and can talk to you via a microphone built into the machine.

While you are in the MRI machine, you will hear a loud noise when pictures are taken. You will be given headphones or earplugs to limit the impact of this noise.

It is essential that you lay still throughout the examination. Otherwise, the pictures may not be taken correctly, in which case we will have to start all over again.

Several pictures will be taken during the examination. Sometimes you will be asked to hold your breath for a moment or to stop swallowing while a picture is being taken.

It may be necessary to use contrast material for an MRI. The radiologist may decide this during the examination. This contrast medium does not contain iodine. It will be given to you by intravenous infusion into your arm. Allergic reactions to this product are rare.

Aftercare

In principle, you can leave the hospital directly after the scan and resume your normal activities.



Your results

The pictures and the radiologist's report will be transmitted electronically to the requesting doctor. Only he can discuss the results of the examination with you.

Conclusion

This information brochure is intended to supplement the verbal information you have already received from your doctor.

Should you still have questions or comments, do not hesitate to contact the Radiology Department desk of the AZ Jan Portaels hospital.

Thank you in advance for your cooperation during the examination.

Useful contact details

Radiology

| T 02 257 51 00

| E radiologie@azjanportaels.be

Website

All patient brochures are available on our website under the tab 'Patient Information'.

| www.azjanportaels.be



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