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Patient Name (First, Last)

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Appointment Date

Time

AM / PM

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Lifestyle choices can affect the results of your MRI Scan. These instructions will help you make the necessary adjustments so that your scan can be completed as scheduled and at the highest quality.

## All Patients Must Follow these Instructions on the Day of the Scan:

### Exams:

- » Wear, loose-fitting comfortable metal free clothing. For your safety and to ensure a successful scan, you may be asked to change out of your clothing
- » No colored contacts (regular contacts are fine)
- » No jewelry is to be worn (includes piercings)
- » No magnetic Nail Polish
- » Eat and take medication as you normally would (unless otherwise specified by exam noted on the right)
- » If you are told an injection is to be administered for this exam, drink 16 oz. of plain clear unflavored water prior to arriving for appointment. This does not apply to MRCP exams

### **Important Note:**

**If for any reason, you cannot keep your appointment, please notify our office at 925.275.0634 by 10:00 AM, 24 hours prior.**

## Patients receiving the following exams need to follow additional instructions.

### Head

- » No makeup or hairstyling products (gel, mousse, hairspray)

### MRCP

- » Nothing by mouth by 6 hours prior to exam

### Breast

- » Must bring recent mammogram if not performed at same facility as MRI
- » Patient will need to undress from waist up

### Enterography

- » Arrive 1 hour in advance
- » Nothing by mouth 6 hours prior to exam
- » Once patient arrives they will drink a total of 2 bottles of contrast solution

### Prostate

- » Nothing by mouth 4 hours prior to exam
- » No caffeine the day of exam – even prior to fasting timeframe
- » No ejaculation for 3 days prior to exam