

GETTING READY FOR YOUR MRI SCREENING



On this page you will learn how to prepare for your upcoming full body scan. Please read it attentively. Should you have any questions, don't hesitate to call us on **020 7580 3145** or email us at [**info@mriscanslondon.com**](mailto:info@mriscanslondon.com).

What to Expect During an MRI

While every person's experience will be slightly different, here are the broad strokes of what to expect.



Arrive Early



Get Prepared



Expect Noise



Lie Still

Arrive On Time & Bring Comfortable Clothing

As you will need to run on a treadmill, please bring a pair of running shoes and light clothing such as tracksuit bottoms or shorts (we provide changing facilities onsite). Please also remember not to apply any body lotions or moisturisers before your appointment, as these can interfere with the electrodes which will be applied on your chest for the treadmill test. Arrive on time so that you can fill out the necessary forms before your scan, so as to avoid unnecessary delays.

Get Prepared for the MRI

Once the radiologist calls you in and you've handed in the necessary paperwork, you'll change into a gown. You'll need to remove any metal items, including most notably jewellery, but glasses, dentures, hearing aids and even bras with underwires. The nurses will provide a secure place for you to store your belongings, and one of our staff will then guide you into the room where the MRI machine is.

Expect Some Noise

MRI machines are a little bit noisy. It isn't the most pleasant aspect of the experience, but it is greatly lessened by our in-bore audiovisual technology, which helps you to relax while watching a DVD of your choice or calming videos of nature scenes with powerful headphones.

Lie Still

During the scan itself, you should lie still while the scanner does its job. The length of the scan will vary, with the first part taking 1.5 hours, and the second 1 hour, with a 30 minute break. You'll be able to hear and talk to the radiologist the entire time. They may occasionally ask you to perform a small movement such as wiggling your fingers or holding your breath, or ask you basic questions. Try to complete their requests with as little additional movement as possible.

If at any point you need to communicate anything to the doctor, remember they can hear you. While it's best not to talk the entire length of the MRI, it's essential to voice any concerns if they arise.

**WE LOOK FORWARD TO SEEING YOU AT THE HARLEY
STREET HOSPITAL, 19 HARLEY STREET, LONDON, W1G 9QJ**
