

MRI (磁共振成像)

MRI (Magnetic Resonance Imaging)

An MRI is a safe, painless test. It uses radio waves and a magnetic field to take pictures of soft tissues, bones and blood supplies. The pictures provide information that can help your doctor diagnose the problem that you are having.

Arrive on time for your test. The test takes 30 to 90 minutes.

What You Need to Know

There are some body implants that can either not be safe for you to have an MRI or need special precautions for your safety. **If you have any of the following, call the location where you are having your test to speak to staff before your test:**

- Are or could be pregnant
- Have a heart pacemaker
- Have aneurysm clips
- An implanted pump or stimulator
- An artificial heart valve
- Breast tissue expander
- Stents anywhere in your body
- Weigh over 400 pounds or 181 kilograms
- Have magnetic implants
- Have a blood clot filter
- Penile prosthesis
- Programmable VP or LP shunt valve
- Metal shrapnel or metal fragments inside your body or eyes

MRI 是一种安全无痛的检查。它使用无线电波和磁场拍摄软组织、骨头和供血照片。医生将根据照片提供的信息诊断您所存在的问题。

请您准时前来接受检查。此检查需要 30 至 90 分钟。

检查须知

在进行 MRI 检查时，某些身体植入物可能带来安全隐患，或者需要采取特殊预防措施以确保安全。如果您有以下任何一种情况，请在检查前致电医院，告知工作人员：

- 有孕或正在备孕
- 装有心脏起搏器
- 装有动脉瘤夹
- 植入泵或刺激器
- 人工心脏瓣膜
- 乳房组织扩张器
- 身体任何部位的支架
- 体重超过 400 磅或 181 公斤
- 装有磁性植入物
- 装有血块过滤器
- 阴茎假体
- 可编程 VP 或 LP 分流阀
- 体内或眼内残留金属弹片或金属碎片

If the implants in your body cannot be identified, your test may be delayed, rescheduled or canceled.

Tell staff if you have an allergy to contrast medicines.

To Prepare for the Test

- Plan to arrive 30 minutes before your appointment time.
- If pictures are being taken of your abdomen, liver or pancreas, do not eat or drink for 4 hours before the test.
- If you take diabetes medicines, talk with your doctor about how to control your blood sugar before the test. Tell the technologist if you are diabetic, the blood sugar medicines you take and when you last took them.
- Bring your medicine list with you. Tell the doctor or technologist about the prescription medicines you take, including over the counter, herbals, vitamins or supplements, and if you have any medicine allergies.
- If you wear any kind of medicine patch, such as nicotine or nitroglycerin patch, they will need to be removed for this test. Bring a new patch that you can put on after your test.
- If being in a closed space frightens you, talk to your doctor. Your doctor may give you some medicine to bring with you to help you relax. **If you do bring medicine to help relax, you need to have someone with you that can drive you home.**

如果无法识别您体内的植入物，检查可能会延迟、重新安排或取消。

告知工作人员您是否对造影剂过敏。

准备检查

- 最好在预约时间前 30 分钟到达。
- 如果计划拍摄腹部、肝脏或胰腺的照片，检查前 4 个小时内请勿进食或饮水。
- 如果您正在服用糖尿病药物，检查前咨询医生如何控制血糖。如果您患有糖尿病，请告诉技术人员，同时告知所服用的血糖药物以及上次服药时间。
- 携带您的药品清单。告诉医生或技术人员您所服用的药物，包括非处方药、草药、维生素或补品，以及是否存在药物过敏。
- 如果您佩戴任何种类的药物贴片，例如尼古丁或硝酸甘油贴片，请在检查前移除。请随身携带一张新贴片，在检查后再次贴上。
- 如果置身封闭空间让您感到恐惧，请咨询的医生。医生可能会给您一些有助放松的药物。如您确实服用了有助放松的药物，则需有人陪同并送您回家。

Day of Your Test

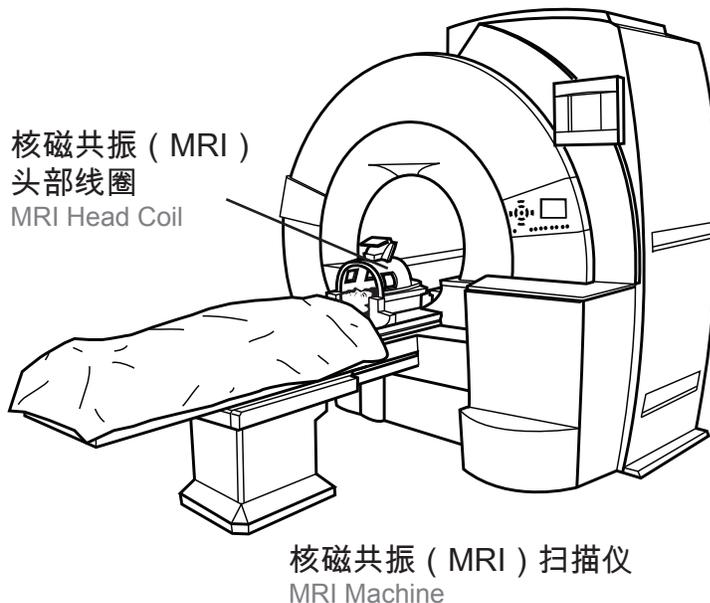
- Bring your ID and insurance card.
- Staff will review your medical history with you.
- You will need to remove all metal items such as watch, hairpins, bra, jewelry, coins and piercings from your body. Please leave valuable belongings at home. You will not be able to take anything into the room including your purse, wallet or keys.
- You will be asked to change into hospital clothing. A locker is provided for your things.
- An IV may be started in your arm for IV medicine called contrast. IV contrast is needed to give better pictures for certain MRI tests only.

检查当天

- 带上您的身份证和保险卡。
- 工作人员将查看您的病史。
- 您需要取下身上携带的所有金属物品，例如手表、发夹、胸罩、珠宝、硬币和尖锐物品。请将贵重物品放在家中。请勿携带任何东西进入检查室，包括钱包或钥匙。
- 您可能需要穿上医院的袍子。可将您的物品放在储物柜中。
- 首先可能会在您的手臂中进行造影剂静脉注射。只有部分 MRI 检查需要静脉注射造影剂提供更清晰照片。

During the Test

- You will lie on a padded table in the middle of a long tube-like machine.
- The table slides into the opening of the machine until the part of your body to be checked is in the center.
- A device, called a coil, may be placed on the area of your body to be tested. This device helps the machine take better pictures. For example, if you are having a test of your head, you may have a head coil that is over your head like a helmet.



检查期间

- 您将躺在一台长桶状机器中间的软垫台上。
- 软垫台滑入机器的开口，直到检查部位处于机器中间位置。
- 将称为射频线圈的设备部件置于您待检查身体区域上方。此设备部件可帮助机器拍摄更清晰照片。例如，如果您正在接受头部检查，射频线圈会像头盔一样罩在头顶上方。

- Lie very still during the test.
- You may be asked to hold your breath for a few seconds during the test.
- You will hear a sound like a drum beat as the pictures are taken. You may be given headphones or earplugs to wear to quiet the noise of the machine.
- You can talk to the staff through a speaker. Tell the staff if you need help or are uncomfortable.
- 检查期间请静躺。
- 在检查过程中，可能会要求您屏住呼吸几秒钟。
- 拍摄照片时，您会听到类似鼓点的声音。您可以戴上耳机或耳塞降低机器噪音。
- 您可以通过扬声器与工作人员交谈。如需要帮助或感觉不适，请告诉工作人员。

After the Test

- You may drive home after the test if you were not given medicine to help you relax during the test. **If you were given medicine to help you relax, an adult must be with you to take you home.** It is not safe for you to drive or leave alone.
- If you were given contrast medicine during the test, drink 8 (8-ounce) glasses of clear liquids to flush the contrast out of your body. Good liquids to drink are water, apple juice and Sprite. If you are on a special diet, follow the instructions given to you as to what to drink.
- Test results are sent to your doctor. Your doctor will share the results with you.

Talk to the staff if you have any questions or concerns.

检查之后

- 如果您在检查期间未服用有助放松的药物，检查后可以自驾车回家。如果您曾服用有助放松的药物，必须由成人陪同您回家。您独自驾车或离开不安全。
- 如果在检查期间使用了造影剂，请饮用 8 杯（8 盎司）透明液体，帮助身体排出造影剂。可选液体包括水、苹果汁和雪碧。如果您有特殊饮食习惯，请遵照向您提供的饮品说明。
- 检查结果会发送给医生。医生会告知您检查结果。

若有任何疑问或担忧，请联系工作人员。