

MRI (核磁共振成像)

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 檢查安全無痛。它使用無線電波和磁場拍攝軟組織、骨頭和供血照片。照片所提供的資訊可幫助醫生診斷您的健康問題。

準時到場檢查。 檢查需要 30 至 90 分鐘。

檢查須知

在進行 MRI 檢查時，某些身體植入物可能帶來安全隱患，或者需要採取特殊預防措施以確保安全。如果您有以下任何一種情況，請在檢查前致電醫院告知職員：

- 有孕或正備孕
- 裝有心臟起搏器
- 裝有動脈瘤夾
- 植入泵或刺激器
- 人工心臟瓣膜
- 乳房組織擴張器
- 身體任何部位的支架
- 體重超過 400 磅或 181 公斤
- 裝有磁性植入物
- 裝有血塊過濾器
- 陰莖假體
- 可編程 VP 或 LP 分流閥
- 體內或眼內殘留金屬彈片或金屬碎片

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.**

如果無法識別您體內的植入物，檢查可能會延遲、重新安排或取消。

告知職員是否對造影劑過敏。

準備工作

- 最好在預約時間前 30 分鐘到達。
- 如果計劃拍攝腹部、肝臟或胰腺的照片，檢查前 4 個小時內請勿進食或飲水。
- 如果正在服用糖尿病藥物，檢查前諮詢醫生如何控制血糖。告知放射技師您是否患有糖尿病，所服用的血糖藥物以及最後一次服藥時間。
- 攜帶您的藥品列單。告訴醫生或技師您所服用的藥物，包括非處方藥、草藥、維生素或補品，以及是否存在藥物過敏。
- 如果您佩戴任何種類的藥物貼片，例如尼古丁或硝酸甘油貼片，請在檢查前移除。請隨身攜帶一張新貼片，在檢查後再次貼上。
- 如果身處一個小空間會使您害怕，請告訴您的醫生。您的醫生可用一些藥物幫助您放鬆。如您確實服用了有助放鬆的藥物，則需有人陪同並送您回家。

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.

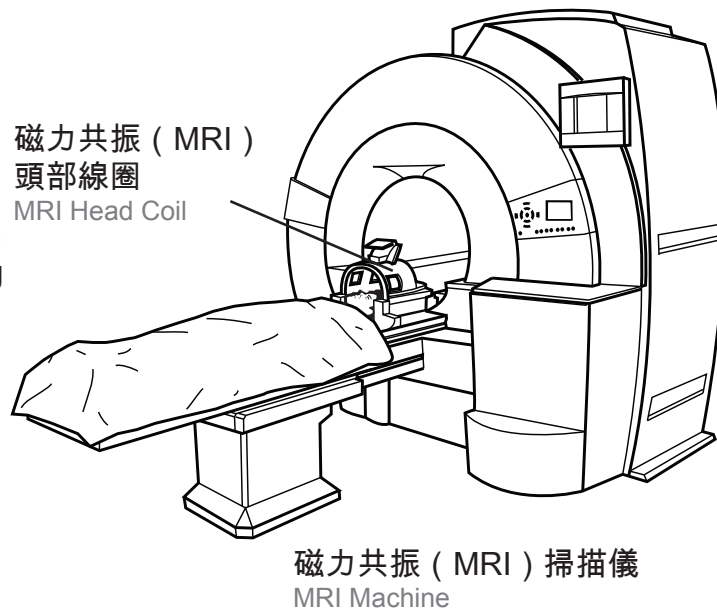
檢查當天

- 帶上您的身份證和保險卡。
- 職員將核驗您的病史。
- 需取下身上攜帶的所有金屬物品，例如手錶、髮夾、胸罩、珠寶、硬幣和尖銳物品。貴重物品請留放在家中。請勿攜帶任何東西進入檢查室，包括錢包或鑰匙。
- 您可能會被要求換上醫院的袍子。可將您的物品放在儲物櫃中。
- 可能會在您的手臂上開始進行造影劑靜脈注射。只有部分 MRI 檢查需要靜脈注射造影劑提供更清晰照片。

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.

檢查過程



- 您將躺在一個長管狀機器當中的臺子上。
- 臺子滑入機器進口，直到您要被檢查的身體部份處於機器中央。
- 將稱為射頻線圈的機器部件置於您待檢查身體區域上方。此部件可幫助機器拍攝更清晰照片。例如，如果您正在接受頭部檢查，射頻線圈會像頭盔一樣罩在頭頂上方。

- 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.

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.

- 檢查期間請靜躺。
- 檢查期間可能要求您屏吸幾秒鐘。
- 拍攝照片時，您會聽到類似鼓點的聲音。您可以戴上耳機或耳塞降低機器噪音。
- 您能通過喇叭和醫療人員說話。請告知醫療人員您是否需要幫助或不舒服。

檢查後

- 如果沒有讓您服用有助於在檢查期間放鬆的藥物，則檢查後可開車回家。如果讓您服用了協助放鬆的藥物，必須有成年人陪您回家。您在手術後單獨駕車或獨自離開是不安全的。
- 如果檢查期間服用了造影藥物，則須飲用 8 杯 (8 盎司) 的流體，以將造影劑從體內沖出。水、蘋果汁和雪碧是比較好的流體飲品。如果您正處於特殊飲食，請遵照指示飲用。
- 檢查結果會送到您的醫生。您的醫生會告知您結果。

若您有任何疑問或擔憂，請諮詢職員。