

SIGNA  
Artist



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Center

ALL YOU NEED TO KNOW FOR YOUR  
MRI SCAN

## ? WHAT IS MRI?

*Magnetic Resonance Imaging* (MRI) is a procedure that is non-invasive and does not involve the use of any radiation, which is safe and painless. MRI uses very strong magnet, radiofrequency pulses and a computer to produce detailed images of organs, tissues, bone and other internal structures of your body. A radiologist interprets these images to aid in the diagnosis and treatment of certain medical conditions.



## ✓ HEALTH AND SAFETY EFFECTS

MRI poses no known negative health effects on the human body. As mentioned earlier, MRI is non-invasive (no tubes or scopes are involved) and no harmful radiation is used. In certain procedures, an injection of a contrast agent may be necessary to better visualize specific anatomical structures. In these cases, a simple injection will be administered.

## 📄 PREPARATION

Usually, no special preparation is necessary for an MRI test. However, please check with our scheduling staff before your appointment. During scheduling, kindly inform the receptionist in case of any history of allergy, asthma, presence of any implants, surgeries involving any type of implants or suspicion of pregnancy. **If there is any possibility of pregnancy, please inform the reception at the time of appointment.**

In case you have any implants, it is helpful to have the make and model of the implant handy to make it easier to verify whether the implant is MR-safe. By informing the radiology personnel of any metal implants in advance, your safety can be ensured and necessary modifications to procedures can be done. In certain cases, a clearance from your doctor regarding the implants will be required to facilitate a smooth appointment.

## 🏠 ON THE DAY OF THE EXAM



Eat and drink normally



Engage in your regular activities



Take your usual prescribed medications (unless you have been instructed otherwise by our scheduling staff or your physician)



Arrive at least 30 minutes before your test

ARRIVE AT LEAST 30 MINUTES BEFORE YOUR TEST FOR:



Registration



Pretest preparation



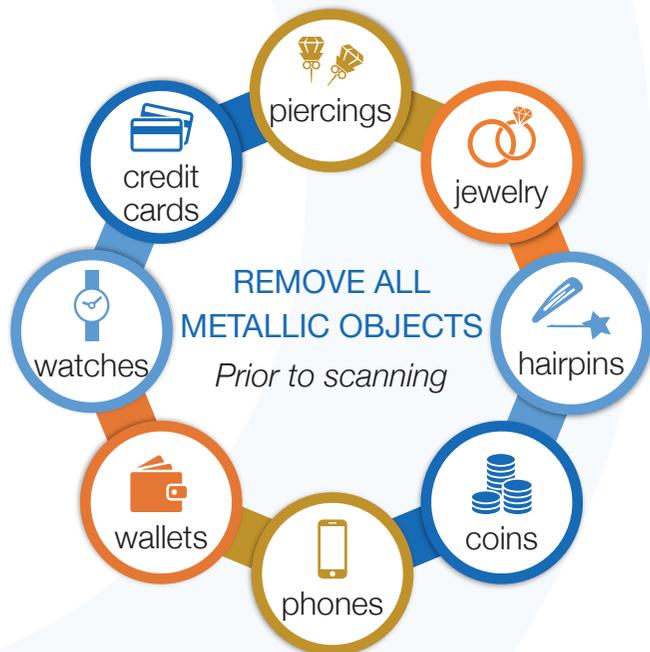
Brief interview with a nurse or technologist who will ask about your medical history. This screening process is a very important safety precaution, so please be patient if you are asked the same questions more than once by different staff members.



Bring all previous studies related to surgeries and procedures



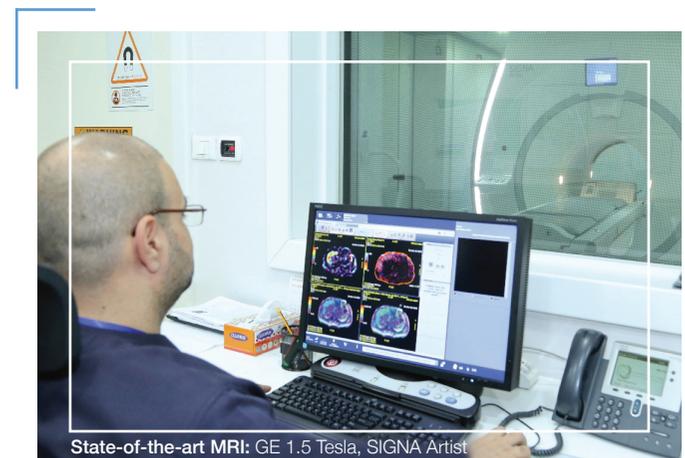
## DURING YOUR EXAM



It is recommended not to wear mascara, hair gel or have wet hair as this can deflect the magnet signal. Dental fillings, hip replacements, knee replacements and contact lenses are acceptable.

You will be asked to change into a gown before your exam. Since some clothing may contain hidden metallic components (as in thread or fastenings for example), we require that patients change into examination gowns that we know have no such metallic material. Lockers are provided to store your belongings for the duration of the scan. It is advisable that you leave all valuables at home. The magnet can damage the coding on your bank cards and personal identification cards, so please leave your purse or wallet in the locker provided.

Once cleared, you will enter the scan room under the supervision of an MRI technologist. Depending on the constraints of the examination you are undergoing, you will enter the machine on a sliding table head-first or feet-first. The body region of interest will be positioned at the center of the scanner. A special camera may be placed on or around the part of your body being scanned to get better images. You will be able to communicate with the technologist via an intercom system.



You will have to lie down still for the entire exam without moving as even small movements can result in blurred images. For certain examinations, you may be asked to hold your breath for up to 20 seconds while acquiring different sequences. The machine makes loud humming or knocking noises while scanning caused by adjustments of the magnetic field to produce a picture of the area being examined. You will be given ear plugs or a headset to help minimize the noise.

## FOR YOUR COMFORT

Most patients referred for MRI are able to complete their exams. If you are uncomfortable in small spaces, our experienced technologists will suggest ways for you to relax and complete your exam.



**PLEASE NOTE:** As we are not a hospital setup, we do not offer sedation for any of our procedures.

Throughout the examination, the technologist will be able to see you and communicate with you via an intercom. You will also be given a bell which you can press to talk to the technologist in case you have any problem. The technologist will respond to your call immediately and assist you. Ear plugs are provided in order to block out some of the noise from the machine. Depending on the part being scanned, we may also offer you special headphones so you can listen to a reading of the Holy Quran or a choice of music. Some people even fall asleep during the scans.

## PEOPLE WHO SHOULD NOT HAVE AN MRI OR ENTER AN MRI EXAM ROOM

As MRI involves a magnetic field, you will be asked metal safety questions at the time of your appointment. As this is for safety, please be patient even if several people ask you the same questions. While many implants are compatible with the MRI machine, certain implants may not be allowed inside the scan room for safety reasons.

SOME EXAMPLES OF SUCH IMPLANTS ARE LISTED BELOW:

01

Cardiac pacemakers

02

Prosthetic heart valve (old type)

03

Intracranial aneurysm clips

04

Ferromagnetic implants e.g. in middle ear

05

Metallic foreign body (*specially insulin pump, intra-orbital implant, intra-osseous implant as well as bullets and shrapnel*)

06

Neurostimulators

07

Metal particles or chips in your eye and retinal tacks

08

Magnetically activated biomedical device (*such as a defibrillator, eye implant or ventricular peritoneal shunt*)

## ✓ AFTER YOUR EXAM

Since there are no after effects with MRI, you may resume your normal activities immediately. Following contrast studies, you will be asked to stay for some time so that you can be monitored. Remember that if you have taken any medication for anxiety, you will need a ride home.

## 📄 CANCELLATION AND INQUIRIES

If you know that you will not be able to make it to your appointment, please let us know as soon as possible. This will enable us to free the appointment slot for other patients and help us to manage our patient flow more efficiently.

### FOR ANY INQUIRIES OR CANCELLATIONS:

📞 **DIRECT LINE:** +965 2221 6047  
**CALL CENTER:** +965 1877 877 ext. 7000, 7001

📧 **WHATSAPP:** +965 6505 5011

🕒 **WORKING HOURS**  
Sunday to Thursday, 7:30 AM - 3:00 PM

📍 **LOCATION**  
We are situated at the Basement Level 1 (B1) within the DDI building. Ample parking is available in the premises.

## 🌐 WE PROUDLY SERVE

1st Takaful Insurance Company  
Ain Takaful Insurance Company  
Aman Takaful Insurance Company  
AXA Insurance (Gulf)  
AXA PPP International  
Bahrain Kuwait Insurance Company  
Boubyan Takaful Insurance Company  
Enaya Insurance Company  
Ghazal Insurance Company  
Gulf Insurance Group (Takaful Unit)  
Gulf Insurance & Reinsurance Company  
Gulf Takaful Insurance Company  
ILAF Takaful Insurance Company  
KFH Takaful Insurance Company  
Kuwait Insurance Company  
Libano-Suisse Insurance Company  
National Takaful Insurance Company  
United Insurance Company  
Wethaq Takaful Insurance Company  
ZAIN Mobile Telecommunication Company

*This list is constantly updated. Please check with our reception for other insurances.*

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