Cardiac Magnetic Resonance Imaging (MRI)

Your doctor wants you to have a cardiac magnetic resonance imaging (MRI) test. This test can show images or pictures of the heart and blood vessels from any angle. The pictures can help your doctor see things that are not seen with other tests. MRI uses powerful magnets and radio frequency waves that show a picture of the heart and blood vessels. This test is safe and painless.

Things you need to let us know

We need to know if you have any type of metal or implants in your body. Some implants are either NOT safe for you to have an MRI or special steps are needed for your safety.

Please let us know if you have:

- Pacemaker
- Aneurysm clips
- Implanted pump or stimulator
- Artificial heart valve
- Breast tissue expander
- Stents anywhere in the body
- Joint replacement
- Magnetic implants of any kind
- Blood clot filter
- Penile prosthesis
- Programmable VP or LP shunt valve
- Metal fragments or shrapnel inside your body or eyes

If we cannot identify the implants in your body, we may delay, reschedule or cancel your test.

Please also let us know if you:

- Are or could be pregnant
- Weigh over 300 pounds

If any of the things listed apply to you, please call Cardiology Scheduling at 614-293-7677, so you may be connected with a technologist who can review your information.

To prepare for the test

- Avoid food and drinks that have caffeine for at least 12 hours before your test. Caffeine is found in cola and other sodas, regular and decaffeinated coffee, tea and chocolate.
- Avoid smoking for 12 hours before your test.
- Do not eat or drink for 3 hours before your test. You may take your routine medicines with a small sip of water.
- If you feel anxious about being in a closed in space, ask the doctor who ordered the test (referring doctor) about medicine to help you relax. We do not provide it at the MRI test location. If you take this medicine, you must have an adult to take you home.
The day of the test

- **Remove all metal items from your body**, such as jewelry, watch, hairpins, coins and piercings. Please leave valuable belongings at home. If you need to bring a credit card or other valuables with you. You will have a locker to use while your test is done.

- **If you wear any kind of medicine patch**, such as a nicotine or nitroglycerin patch, **remove it** before the test. Bring a new patch with you that you can put on after your test.

- **Bring your insurance card(s) with you.** You will be asked to fill out a form for your insurance and billing information.

- We will ask you to fill out a form about your health history. **Bring any cards or reports you may have for any implants in your body.**

- **Bring a list of all medicines**, including prescription and over the counter medicines and any vitamin or herbal products, you are taking. We need to know how often you take each medicine and your doses.

When you arrive

- **Arrive 30 minutes before your appointment time.** There are many questions we need to ask before you have the MRI. If you do not arrive on time, we may need to reschedule your test.

- You will be asked to change into hospital clothing. A locker will be provided for your belongings.

- If you have dentures, you will need to remove them for the test.

- An IV will be started in your arm for IV medicine called contrast. IV contrast is needed to give better pictures. In some cases, a second IV may be needed to give you other medicines. Please let us know if you have a Mediport that you would like us to use for your IV instead.
What happens during the MRI

You should plan on being at the hospital 2 to 3 hours for this test.

The MRI machine is a tube that is about 3 feet wide and 6 feet long.

• Your whole body will be inside this tube with your head about one foot from the end of the tube.
• Using a speaker and headphones, the technologist will be able to talk with you during the test.
• The technologist will ask you to hold your breath for many of the pictures.
• Stay as still as possible during the test to get the best pictures. You will hear knocking sounds as the machine takes the pictures.

After the test

• A cardiologist, or heart doctor, will read the pictures. Your doctor will receive the results and then share them with you.
• Drink 8 (8-ounce) cups of caffeine free liquid to flush the contrast medicine used during the MRI out of your body. Good liquids for most people to drink are water, milk and juice. Limit the amount of caffeine you drink.
• If you have any problems or feel something is not right after your test, call your doctor.

Test location

Your test will be at Ohio State Richard M. Ross Heart Hospital, 452 W. 10th Avenue, Columbus, Ohio, 43210.

For any questions about the test or if you need to reschedule, please call Cardiac Scheduling at 614-293-7677. We will be happy to help you.