

# MRI with anesthesia

**Welcome to VCU Health MRI.** We have multiple locations across the greater Richmond area. Our downtown campus has four locations: Gateway Building, North Hospital, Adult Outpatient Pavilion (AOP), and the Children's Hospital. We also offer MRI services at our Stony Point and Short Pump locations. The hours of operation vary by site, but we have availability seven days a week. Advanced scheduling is required for all MRI exams. Please review the following information about your test. Please call (804) 628-3580 to schedule your test or if you have any questions about your MRI exam.

## Why are you having this test?

MRI is used to visualize various structures and tissue types within the body. Because it provides a high level of detail, an MRI is preferred for a wide variety of purposes. Your doctor has decided that an MRI is necessary to visualize a specific part of your body to determine whether pathology is present. You are having anesthesia because you or your doctor has determined that you will not be able to remain completely still throughout the MRI exam while conscious, whether due to claustrophobia, pain, or other considerations.

## Preparing for the test

- Do not eat or drink anything after midnight.
- You **may not** have any solid food, milk products, any type of protein shakes, formula, or tube feedings for **8 hours** prior to your MRI.
- You **may have** clear liquids up **until 2 hours prior** to your MRI appointment. (Water or black coffee)
- You **must bring a driver** to the MRI appointment who will drive you home after your MRI. No expectations or alternative travel arrangements. Without a driver your appointment will be rescheduled.
- Discuss any medications that would normally be taken on the morning of the exam with your doctor.
- You will receive a phone call from the MRI nursing staff to discuss the procedure and review your current medications.
- All other medications for high blood pressure, heart disease, pain, anxiety, or behavioral meds may continue.
- Bring a picture ID and insurance information.

- Bring information about any implants you may have inside your body. (i.e. Pacemakers or other electronic implants)
- Please arrive no earlier than 60 minutes before your scheduled appointment. Please allow for additional time for parking if you have an appointment downtown. We do offer valet services for a fee.

## What to expect during the test

- The Anesthesiologist will explain the anesthesia portion of the exam and have you sign a consent form.
- You may be asleep during the exam, or in a "twilight" state where you are not fully asleep but sedated. You may or may not receive intravenous gadolinium contrast.
- A needle (IV) will be placed in a vein for anesthesia and/or contrast.
- You will lie down inside of a tube on a flat table for the duration of the exam.
- It is very important to hold still for the exam, or the pictures will not be readable.
- Contrast will be administered at some point during the scan if your test requires contrast.

## After Care information

- You will be taken to a recovery area to wake up from anesthesia
- The day of the exam, you should not drive or operate heavy machinery for the rest of the day.
- MRI contrast is expelled from the body through your urine. If you receive MRI contrast, drinking extra fluids may help the contrast leave your body faster.

## Follow-up care after the procedure

- For Results: Please contact the physician that ordered your test.

### For More Information:

If you have any questions or concerns regarding your procedure, please call VCU Health MRI at (804) 828-0519 and ask to speak to a nurse. We are available 24 hours a day/7 days a week.