



# MRI scanning

MRI scanning is a very accurate diagnostic imaging method used to detect disorders. An MRI scan produces a precise image of almost all disorders of the brain, neck, spine, shoulder, arm, hand, leg, hip, knee, foot and other parts of the body.

## What is MRI?

MRI (Magnetic Resonance Imaging) has been used since the early 1980s. This scanning technique uses magnetic fields and radio waves. The method is completely harmless and painless. There are no side-effects.

## When is MRI used?

### **MRI scanning is used to detect:**

- Spinal disorders, e.g. osteoarthritis and slipped disc
- Injuries to the musculoskeletal system, e.g. meniscus and cruciate ligament, or shoulder and ankle injuries
- Diseases of the internal organs, such as gall stones, kidney tumours or uterine fibroids
- Changes in cell tissue structure e.g. thrombosis, brain tumour, multiple sclerosis, spinal cord, etc.

## At Aleris, we offer MRI scanning of:

- Brain
- Spinal column (cervical, thoracic and lumbar)
- Joints (shoulder, elbow, wrist, hip, knee and ankle)
- Soft tissue (muscles)
- Biliary and pancreatic system (MRCP)
- Veins and arteries

We also offer full body scans – although just one region at a time.

## Can anybody have an MRI?

Most patients can be examined in an MRI scanner. There are only a few exceptions:

- If you are in the first trimester of pregnancy (0-3 months)
- If you are too big to fit inside the scanner



- If you suffer from claustrophobia (fear of small, enclosed spaces) A tranquilliser can, however, often resolve this problem.
- If you are unable to lie still on the scanner bed
- If you have a pacemaker or other magnetic metal objects in your body

## Referral

To perform an MRI scan, we need a referral from a GP, specialist physician, an Aleris physician, physiotherapist or chiropractor.

An Aleris physician can refer your directly if, during a preliminary examination, he or she assesses that an MRI scan is necessary.

# Preparation

## **Clothing, jewellery, etc.**

You are advised to wear clothing without zips and metal buttons as metal blurs the images. You must remove an hearing aid, underwired bra, watch, jewellery and piercings. Make sure you do not have your mobile phone, magnetic ID card or keys in your pockets.

Packed valuables is at your own risk.

If your head/brain is to be scanned, you must not wear make-up as this can blur the images.

## **Food and drink**

You can eat and drink normally unless otherwise stated in the appointment letter.

## **Usual painkillers/analgesic drugs (if any)**

If you normally take painkillers, you may continue to do so.

## **Claustrophobia**

If you are claustrophobic, you can ask your GP to prescribe a tranquilliser to take on the day of the examination.

# The examination

## **How long does it take?**

- In a scanner the examination takes 20-30 minutes for each region. Some examinations may take about 1 hour.
- You can leave the hospital as soon as the examination is over

## **How is the examination performed?**

When you arrive at the hospital, you will be welcomed by the radiographer who will perform the MRI scan. The radiographer will explain about the examination and make sure you are comfortable on the scanner bed. You must be comfortable and relaxed as it is important that you do not move during the examination. Then, lying down, you will be moved into the scanner.

The examination is subdivided into several brief imaging periods. During the imaging periods, you should lie very still and relax. During the examination you will hear a number of knocking sounds with silences in between. The pattern is repeated several times.

During the examination, you will be in contact with the radiographer through an intercom, and we will provide you with an alarm button.

In some cases, a contrast agent will be injected into a vein in your arm to produce a more accurate image.

## **Is it painful?**

MRI scanning is painless and there are no side-effects.

## **Noises in connection with MRI**

The machine is noisy and you will be given ear defenders or earplugs.

## After the examination

### Examination results

When the images have been seen and described by our radiologist (specialist physician), the results are sent to the physician or practitioner, who referred you. It takes up to 5 days for the results of a regular MRI scan to reach the physician or practitioner who made the referral.

### Patient satisfaction

To ensure that Aleris continues to provide the best care, treatment and service, please complete our patient satisfaction questionnaire, which you will receive in the mail (if you have given us permission to send one). Comments and criticism, whether positive or negative, are important to us as they ensure that we can continue to offer the best possible treatments for our patients.

There are stands in every unit, where we ask if you would recommend Aleris to others. To respond, touch the smiley you think is most appropriate.

Any complaints about your progress at Aleris we ask that you please forward directly to Chief Medical officer, at Aleris.

If you do not wish to complain to us directly, you have access to lodge a complaint via Patientombudet's (the National Agency for Patients' Rights and Complaints') website: [www.patientombudet.dk](http://www.patientombudet.dk). The web site provides guidance and a complaints form (in Danish).

If you believe that a medical error has been made and you wish to claim compensation, you should contact Patientforsikringen (the Patient Insurance Association).

Visit [www.patientforsikringen.dk](http://www.patientforsikringen.dk). The website provides guidance and a complaint form (in Danish and English).





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