

Preparation Guidelines of Magnetic Resonance Imaging

- ✓ *Most X-ray exams require no special preparation.*
- ✓ *Wear a gown or loose-fitting clothing without metal fasteners.*
- ✓ *Follow specific eating and drinking guidelines, as advised by your facility.*
- ✓ *Inform the technologist of any serious health conditions or recent surgeries.*
- ✓ *If you experience claustrophobia or anxiety, consult your doctor about taking a mild sedative before the scan.*
- ✓ *Remove all jewelry and accessories, as metal and electronic items can interfere with the MRI and may pose safety risks.*

Examples include:

- *Jewelry, watches, credit cards, and hearing aids*
- *Hairpins, zippers, and other metallic items*
- *Removable dental work, pens, and eyeglasses*
- *Body piercings*
- *Electronic devices such as mobile phones and smartwatches*