

## Scheduling An Appointment

To schedule an appointment at any of our five imaging locations, please call:

### Stanford Radiology Scheduling Center

Phone: 650-723-6855

Fax: 650-723-6036

Appointments are available Monday thru Saturday.

For maps and directions, go to:  
<http://imaging.stanfordhospital.org>



### Your appointment is scheduled for:

Date: \_\_\_\_\_  
Sun Mon Tue Wed Thur Fri Sat  
Time: \_\_\_\_\_

### Redwood City Stanford Medicine Outpatient Center

450 Broadway Pavilion B, Redwood City, CA 94063

**Hours:** Monday-Friday, 7:00AM to 5:00 PM

**Services:** MRI, CT, Diagnostic X-Ray, US, Bone Density

**Directions:** From South (San Jose)-Take US-101 North toward San Francisco. Exit CA-84/Woodside Road West (18 miles). Take Woodside Road to Broadway Street (.7 mile). Turn left on Broadway Street. Stanford Medicine Outpatient Center will be on the left (.6 mile).

**From North (San Francisco)-** Take US-101 South toward San Jose. Exit CA-84/Woodside Road West (25 miles). Take Woodside Road to Broadway Street (.3 mile). Turn left on Broadway Street. Stanford Medicine Outpatient Center will be on the left (.6 mile).



### Palo Alto Stanford Medicine Imaging Center

451 Sherman Avenue, Palo Alto, CA 94306

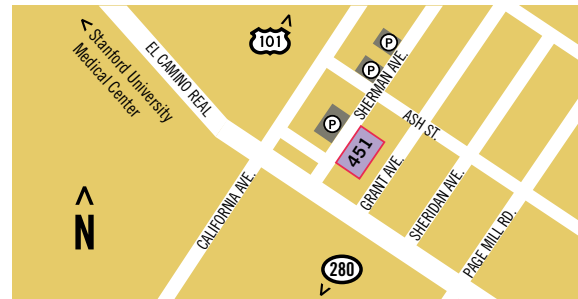
**Hours:** Monday-Friday, 7:00AM to 10:00 PM

**Services:** MRI and CT

**Directions:** From 280 Exit Page Mill Road East and turn Left/North on El Camino Real. Drive 3 blocks and turn right on Sherman Avenue, just after the Olive Garden Restaurant.

**From 101** Exit Oregon Expressway West and turn Right/North on El Camino Real. Drive 3 blocks and turn right on Sherman Avenue, just after the Olive Garden Restaurant.

Valet parking is available. Public parking is also available in lots located opposite the center and along Sherman Avenue.



### Stanford Hospital

300 Pasteur Drive, Stanford, CA 94305

**Patient Admitting Registration** – First Floor

**Services:** Diagnostic X-Ray, Cath Lab, IR, CT, US, & GI

**MRI Service/Registration** – Ground Floor

**Nuclear Medicine & PET/CT Service/Registration** – 2nd Floor H220

### Blake Wilbur Outpatient Clinic

900 Blake Wilbur Drive, Stanford, CA 94305

**Patient Registration** – First Floor

**Services:** Diagnostic X-Ray, CT, US, MRI, and Mammography

### Advanced Medicine Center

875 Blake Wilbur Drive, Stanford, CA 94305

**Patient Registration** – First Floor CC 1227

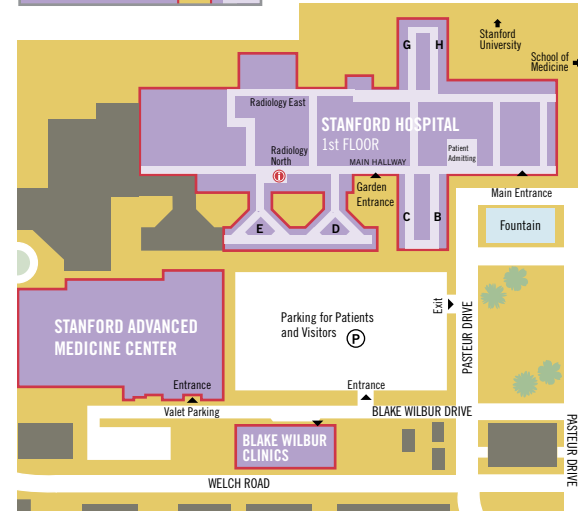
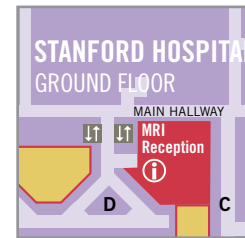
**Services:** Diagnostic X-Ray and Mammography

**Parking:** Please use the Patient & Visitor parking Structure in front of Stanford Main Hospital when coming for services at either Blake Wilbur Clinic or the Stanford

Advanced Medicine Center.

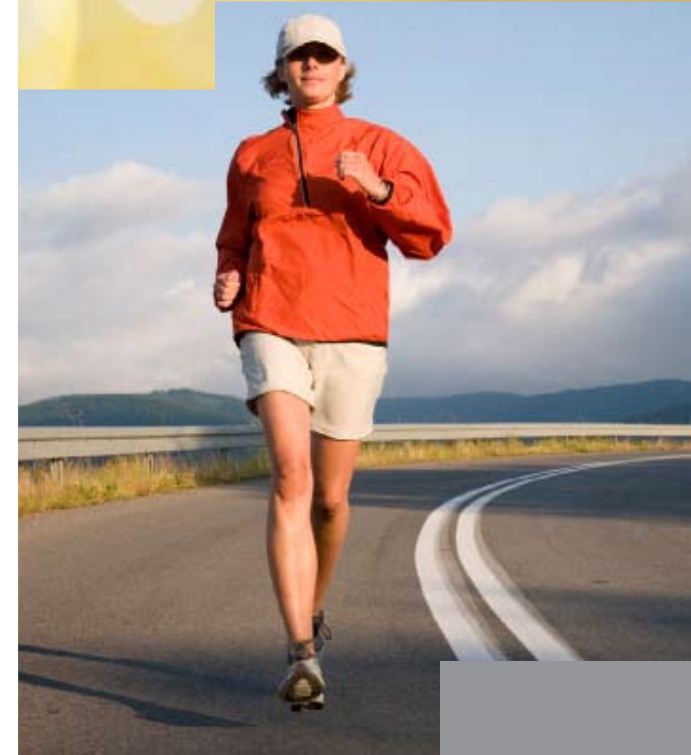
Valet parking is available at

Advanced Medicine Center.



# Magnetic Resonance Imaging-MRI

## Stanford Medicine Imaging



## Information for Patients and Families

## What is a MRI Scan?

Magnetic Resonance Imaging (MRI)

A magnetic resonance (REZ-oh-nans) imaging scan is usually called an MRI. An MRI does not use radiation (X-rays) and is a noninvasive medical test or examination. The MRI machine uses a large magnet and a computer to take pictures of the inside of your body. Each picture or “slice” shows only a few layers of body tissue at a time. The pictures can then be examined on a computer monitor. Pictures taken this way may help caregivers find and see problems in your body more easily. The scan usually takes between 15 to 90 minutes. Including the scan, the total examination time usually takes between 1.5 to 3 hours.



## What Will Happen during the MRI Examination?

A closed MRI machine is large and looks like a hollow, cylinder-shaped tube surrounded by a circular magnet. You will be asked to change into a hospital gown and to remove all jewelry, earrings, piercings, or other metal objects. Caregivers will help you lie on a moveable examination table that slides into the center of the magnet. The body part being tested may be kept in place with a cradle or straps to hold it very still. Your caregiver will sit behind

a window during the MRI scan; however, your caregiver will be able to see, hear, and speak with you at all times.

You must lie very still during the scan. If you move, the MRI scan pictures may not be clear. Your caregiver may offer you a mild sedative if you are claustrophobic (afraid of closed spaces), have a hard time staying still, or have chronic pain. You will hear very loud banging noises during the series of scans. The noise is caused by the magnets moving. You will be given earplugs or ear muffs to help soften the noise of the MRI machine.

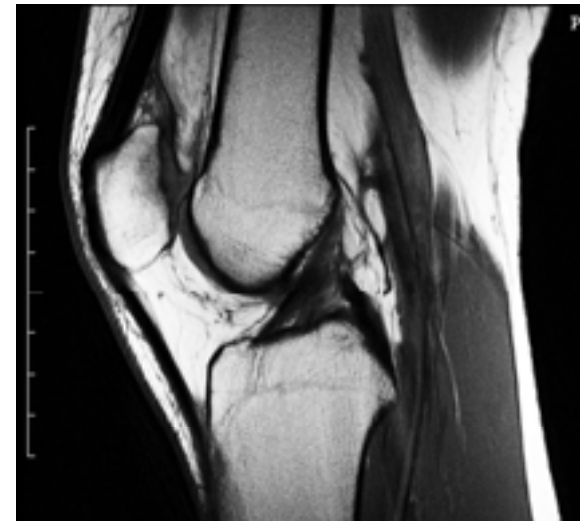
Some MRI examinations require the administration of intravenous contrast material to help your body part show up better in the pictures. The contrast material is put through an intravenous line (IV) started in a vein in your hand or arm.

## How Should I Prepare for My MRI Exam?

You should inform your caregiver if you have food allergies, drug allergies, hay fever, hives, or allergic asthma. Your caregiver should also know if you have any serious health problems, and what surgeries you have undergone. Women should always inform their physician or technologist if there is any possibility they are pregnant. We will not perform an MRI on a patient during the first trimester (the first 3 months) of pregnancy. If you are breastfeeding at the time of the examination, you should ask your technologist how to proceed.

You should not have an MRI if you have anything in your body that a magnet attracts. Items that may interfere with your having an MRI include:

- Aneurysm clips
- Artificial or prosthetic limbs or joints, such as an artificial knee joint
- Bullets or pieces of shrapnel
- Cochlear (ear) implants
- Heart pacemaker
- Implanted cardiac defibrillator
- Implanted IV ports
- Implanted spinal stimulator
- Insulin pump
- Certain intrauterine devices or “IUDs”
- Pieces of metal fragments in your eyes from welding
- Medication patch: A medication patch is also called a “transdermal” or “skin” patch. Some medication patches may have metal in or on them. Examples of medication patches are nicotine, birth control, and nitroglycerin patches.
- Some metal pins, plates, screws, or surgical staples: In most cases, these things will not cause a problem with an MRI.



## CHECK IN:

Please arrive 30 minutes before your scheduled appointment and allow 1.5 to 3 hours for the exam process.

## BREAST SCAN:

Please schedule within 7-12 days of your menstrual cycle. If the request is urgent, this preparation will not be required.

## CREATININE BLOOD TEST:

This is required within 30 days prior to the MRI examination for the following people:

- Patients who are age 60 years or older
- Patients who are diabetic (insulin and non-insulin dependent types)
- Patients who have a history of kidney insufficiency/kidney masses/single kidney

If you have this test done at an outside facility, it is your responsibility to obtain a copy of the result and bring it to the appointment with you.

## EATING:

If you are getting intravenous contrast material, which helps your body part show up better in the MRI pictures, or sedative (SED-ah-tiv) medicine during the examination, you may be asked to not eat solid food for 4 to 8 hours before the examination.

- If you are getting a mesenteric ischemia MRI, you may not have food for 6 hours prior to the examination, but you may have water.
- If you are receiving a certain cardiac MRI examination, you may not have food for 2 hours before the examination and NO coffee (decaf or regular); NO caffeine; NO tea; and NO chocolate for 24 hours prior to the examination.

## METAL:

Do not wear any jewelry including rings, earrings, necklaces, or watches. Take off any clothing that has metal hooks, buttons, zippers, or other metal items on it.