

FOR YOUR PERSONAL SAFETY

If you are having an MRI, please inform your doctor or MRI staff if you have:

- ◆ A **pacemaker**
- ◆ A **metal plate, pin or other metallic implant**
- ◆ **Cochlear/Ear implants**
- ◆ **Aneurysm Clips**
- ◆ An **Artificial Heart Valve**
- ◆ An **Intrauterine Device (IUD)**

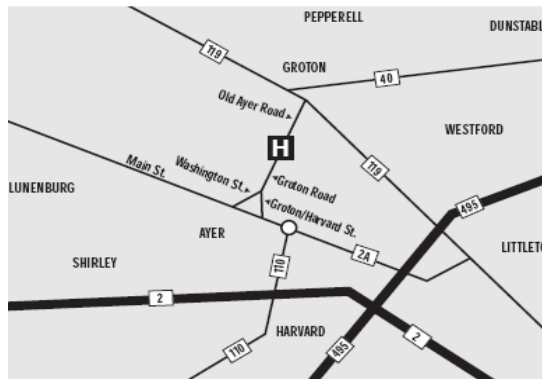
It is also important to know if you have been exposed to **metallic** fragments:

- ◆ Through a War Wound
- ◆ As a Metal Worker
- ◆ Through construction work or house painting/cleaning, etc.

- ◆ **If you are pregnant, please inform your doctor.**

Any of the conditions listed could exclude you from having an MRI. Please notify your doctor or the technical staff immediately. The **Make** and **Model** of implants are required to determine the safety of the device. We will also ask the **Date** of surgery and the **Surgeon's name**.

This brochure is intended to provide basic information to our **MRI** patients. If you have any remaining questions about your exam, please consult your physician.



From the NORTH:

SOUTH on Rt.495 to Littleton Common/Groton Exit 31, Rt. 119. Head WEST toward Groton on Rt. 119. Left on Old Ayer Rd., just before Groton Center. Old Ayer Rd. becomes Groton Rd. Travel 2.0 mi. Hospital is on the right.

From the SOUTH:

NORTH on Rt.495 to Rt.2 WEST. Follow Rt. 2W to Ayer/Harvard Rt.110 Exit 38B. Follow to 110 to Ayer rotary, turn right off rotary onto Main St., immediately beyond McDonald's. Follow Main St. .3 mi. Take first Right, onto Groton-Harvard Rd. Go straight at blinking red light. At Stop sign bear right onto Groton Rd. Hospital is on the left at the top of the hill.

From the WEST:

Follow Rt.2 E to Ayer/Harvard/ Rt.110 Exit 38 B and follow directions "from the South".

From the EAST:

Follow Rt.2 W to Ayer/Harvard/Rt.110 exit 38 B and follow directions "from the South".

Your appointment is scheduled for

DATE: _____

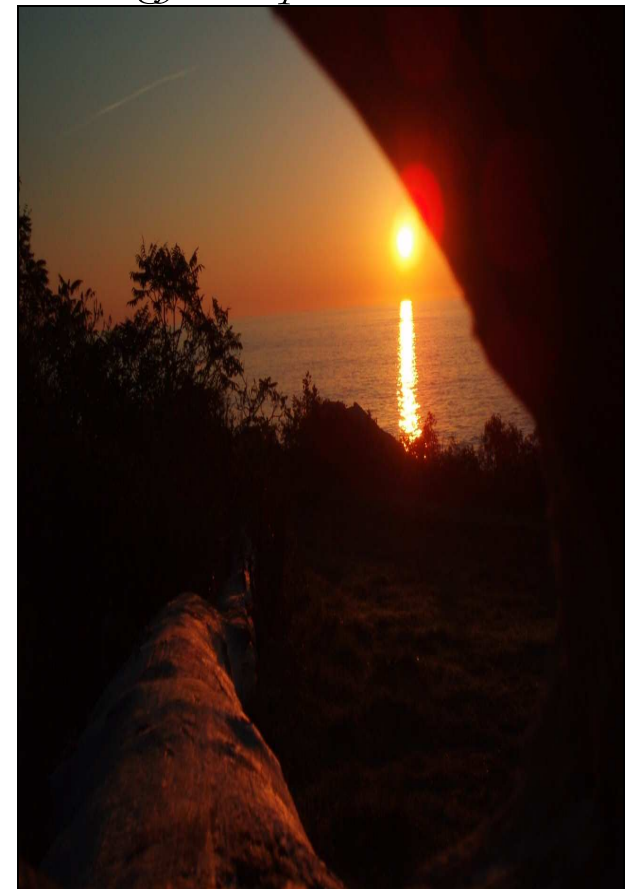
TIME: _____

PLEASE ARRIVE AT MRI 30 MINUTES EARLY

9-12-08jat

MRI at NVMC

Exceeding your Expectations



Nashoba Valley Medical Center

MRI

200 Groton Rd.
Ayer, MA 01432

Ph: 978-784-9400

Fax: 978-784-9549

How MRI Works:

MRI uses a large magnet, radio waves and a computer to produce images of the region of interest requested by your physician.

Radio signals given off by the body are digitally processed to produce images based on both the body's anatomy and its chemical composition.

Unlike X-rays and some other imaging technologies, there is no radiation associated with an MRI exam.

For some patients, an injection of a contrast agent may be required. Don't be concerned. It may simply help make the details of your MRI images more clear.

Why does your doctor want you to have an MRI?

Magnetic Resonance Imaging (MRI) is one of the most sophisticated and advanced diagnostic tools available in medicine today. Our radiologists use the images for diagnosis and evaluation of many conditions and diseases. MRI can often replace invasive tests that may be risky, less accurate, more expensive, and require hospitalization. The Radiologist's interpretation is then sent to your doctor in a report for planning the treatment or intervention of your condition.

How to prepare for the exam:

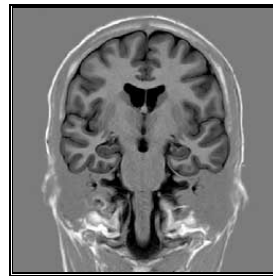
Metallic objects often cause a bright or blank spot on MRI images. To help us make the best diagnosis and avoid wasting your time, please do not wear any of the following **DURING** the exam:

- ◆ hairspray
- ◆ eyeglasses (please bring)
- ◆ makeup
- ◆ jewelry
- ◆ a hearing aid
- ◆ any removable dental work
- ◆ any metallic or magnetic substance

Prior to the exam, you can remove any of the above-mentioned items and leave them in your secured locker.

If you are scheduled for an MRI of your abdomen (MRCP) you must have nothing to eat or drink for 6 hours prior to your exam. Otherwise, there are no dietary restrictions for most MRI exams.

*** It is recommended that nursing mothers not breastfeed for 36 to 48 hours after an MRI with a contrast material.**



What to expect during the exam:

MRI exams are non-invasive, generally easy and comfortable.

The technologist will simply ask you to lie down on a cushioned table which will automatically move into the magnet after you are positioned as comfortably as possible.

Our fully trained technologists will carefully monitor the operation of the MRI unit and will be able to see and talk to you at all times.

You will know when images are being recorded because you will hear tapping or thumping sounds when the coils that create the magnetic field are turned on. Relax and lie as still as possible. Movement during these times will blur the image. You will be able to relax between imaging sequences.

After the exam:

Feel free to resume normal activities. You may return to work or home without any after effects from the MRI exam.

A radiologist, a physician specifically trained to supervise and interpret radiology examinations, will analyze the images and send a signed report to your primary care or referring physician, who will review the results with you.

Your doctor may ask you to bring images with you for your follow-up appointment. If so, please inform the MRI staff or call the Diagnostic Imaging Department to request that your images be prepared in advance for you to pick-up in either **CD or film** format. The phone number is **978-784-9270**. Please verify which type of image your doctor can accept. We do request at least a **24-48** hour notice if possible.