

**Medications:**

- 3. HOLD BETA BLOCKERS THE NIGHT BEFORE AND THE DAY OF THE TEST.

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- 4. HOLD CALCIUM CHANNEL BLOCKERS THE NIGHT BEFORE AND THE DAY OF THE TEST.

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- 5. HOLD NITRATES FOR 6 HOURS.

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- 6. HOLD ERECTILE DYSFUNCTION MEDICATIONS FOR 2 DAYS BEFORE AND THE DAY OF THE TEST.

\*\*Do not hold medications if they are not listed on this form or have not been told to you by our staff. Betapace (sotalol) and Coreg (carvedilol) should only be held per physician discretion.

**Miscellaneous:**

- 7. Bring a current list of your medications and your inhalers with you.

**Your appointment**

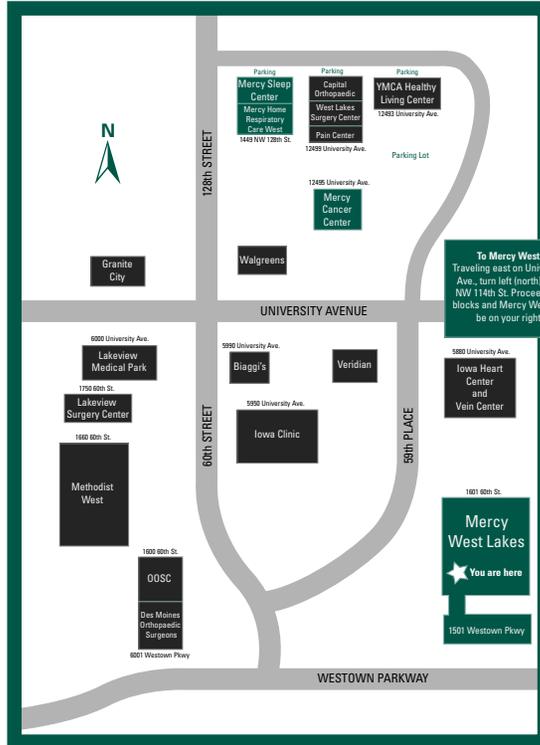
Date: \_\_\_\_\_

Time: \_\_\_\_\_

Location: \_\_\_\_\_

If you have questions about your MRI or need to cancel or reschedule your appointment, please call (515) 247-4444.

Parking is available in front of the hospital. Please enter through the main entrance, and register in Surgery/Medical Imaging, located just inside the main entrance.



Mercy Medical Center – West Lakes  
 1601 60th Street  
 West Des Moines, IA 50266



A Patient's Guide to  
 Cardiac Magnetic  
 Resonance Imaging (MRI)

 **Mercy**  
 MEDICAL CENTER  
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 A member of Mercy Health Network  
 1601 60th St., West Des Moines, IA 50266  
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 **Mercy**  
 Excellence.  
 Every Day in Every Way.™

We are glad you have chosen Mercy for cardiac MRI services. Our staff is dedicated to providing you and your physician with the best possible cardiac MRI experience.

Your physician has referred you for a cardiac MRI exam. Our goal is to provide the best possible care for you and your family. Please take a few minutes to read this general information on cardiac MRI to help prepare for your exam. Your physician will also be able to answer additional questions you may have about your exam.

### What is cardiac MRI?

Magnetic resonance imaging (MRI) is a diagnostic procedure that allows physicians the ability to view specific areas of your body in great detail using a strong magnet and radiofrequency waves. For this cardiac MRI exam we will be focusing mostly on the heart and its surrounding structures. Your procedure may include a stress test using medication, depending on the reason for this exam.

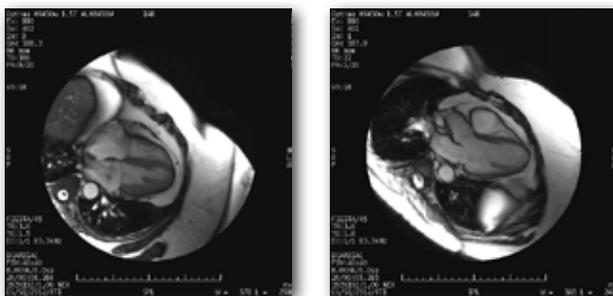
### What happens during a cardiac MRI exam?

The cardiac MRI exam is painless; however, the scanner produces a loud “knocking” noise throughout the exam. To make you comfortable, we can provide you with earplugs. Our center uses a state-of-the-art GE Signa wide-bore scanner to reach confident diagnoses and help patients feel more comfortable during the MRI scan. To ensure clear images, you will need to hold very still during

the entire exam and hold your breath as instructed by the technologist. The technologist conducts the test from the control room and is able to see, hear and assist you at all times. In most cases, an image-enhancement agent is needed to obtain more detailed information. This is done through an intravenous injection, and only takes a few seconds.

### How do I prepare for the MRI scan?

Upon arrival, you will be asked to complete an MRI questionnaire to ensure your safety within the magnetic field. You will need to change into a hospital gown for the procedure. Before the exam, you will be asked to remove your jewelry, keys, coins, credit cards, hairpins, and any other items deemed unsafe for MRI. Your belongings will be locked safely outside the procedure room.



### How long will this take?

The cardiac MRI could last between 60 and 90 minutes. Depending on the initial diagnosis, the number of images can differ, which will determine the length of the test. Patients should plan for

about two hours from check-in through the test completion.

### What happens after the test?

You will be able to resume all normal activities following the exam, as there are no after effects from an MRI.

### When will I get the results?

Board-certified, sub-specialty trained cardiologists and radiologists will interpret your exam and provide a written report to your health care provider within two to three days. Your health care provider will then contact you with the results of your test.

### If your cardiac MRI exam includes stress testing, you must follow these instructions.

#### How do you prepare?

You will be rescheduled if instructions regarding medications and caffeine are not followed correctly.

#### Food/Drink:

1. NO CAFFEINE FOR 12 HOURS BEFORE YOUR TEST. NO coffee, NO tea, NO decaf coffee, NO decaf tea, NO chocolate, NO sodas, NO Excedrin.
2. DO NOT EAT A MEAL WITHIN 4 HOURS BEFORE THIS TEST. You may drink as much water as you like. Small amounts of juice—orange, apple, cranberry, or grape—and a few crackers or a piece of toast are also acceptable.