



Open MRI Patient Preparation Guide

Steps to help you prepare safely and comfortably for your Open MRI scan.

What to Expect

- Open MRI uses a strong magnet and radio waves (no x-ray radiation). The open design can help patients with claustrophobia or larger body sizes.
- Exam time varies by body part—typically 20–60 minutes.
- You'll hear tapping/knocking sounds; ear protection is provided. You can communicate with the technologist at all times.

(1) A Few Days Before Your Appointment

- **Complete the MRI safety questionnaire** and tell us about any implants/devices or prior surgeries.
- **Collect device/implant information** (cards/model numbers) for pacemakers/ICDs, neurostimulators, insulin/drug pumps, cochlear implants, stents/filters/clips, prostheses, or any metal fragments.
- **Pregnancy & breastfeeding:** please inform us.
- **Claustrophobia/anxiety:** an open MRI usually helps—discuss options in advance if you are concerned.

(2) On the Day of Your Open MRI

- **Arrive 15–30 minutes early** for screening and changing.
- **Clothing:** Avoid metal in clothing; remove jewelry, piercings, watches, hairpins, hearing aids, and bank/credit cards.
- **Cosmetics & patches:** Avoid metallic make-up and remove any transdermal patches with metallic backings; bring a replacement.
- **Eating & medicines:** Take regular medicines unless told otherwise. Some abdominal/pelvic exams may require up to 4 hours fasting.

(3) Implants, Devices, and Metal Safety

- Tell us about ALL implants/devices. Bring device cards labeled MR Safe/Conditional/Unsafe when available.
- If you have a history of metal-on-metal eye injury or metal work exposure, tell us—an orbit X-ray may be needed before MRI.

(4) If Your Exam Needs Contrast (Gadolinium)

- Tell us about any prior reaction to contrast or allergies.

- Patients with severe kidney disease may need extra assessment.
- Routine gadolinium is avoided in pregnancy unless essential. Breastfeeding can usually continue after gadolinium.

(5) During and After the Scan

- Lie still; breathe normally; brief breath-holds may be requested.
- Most patients resume normal activity immediately after. If contrast was used, drink water through the day unless told otherwise.

What to Bring

- Photo ID, referral/appointment letter, any prior imaging, device/implant cards, and medication list.

Important

Always follow the instructions provided to you by Images Diagnostic Center staff for your specific exam. If they differ from this guide, our center's instructions take priority.