How to overcome your fears regarding MRI scans?

If you have come across people who find MRI exam fearsome, know that these people are talking from their past experiences or from hearsay. Today, the technology is far better and much advanced and the machines are much broader, hence the fear of 'claustrophobia' is reduced drastically. Still, if you aren't completely confident about undergoing an MRI scan, let your technologist know, they are generally trained to help you overcome your anxiety and ensure you have a better experience.



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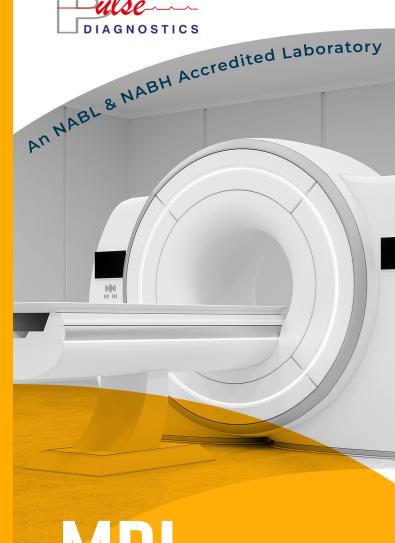
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MRI

MRI or Magnetic Resonance Imaging is a technique used to get detailed images of the organs and tissues within your body.

HOW IS MRI SCAN PERFORMED?

Most MRI machines are large, cylindrical magnets. You are asked to lie down on a motorized bed and once comfortable, the bed slides inside the cylindrical structure, which is open at both ends.

A computer, operated by a radiographer, is used to manage the scanning procedure which is located in an adjacent room to keep it away from the magnetic field generated by the scanner. The radiographer can see and converse with you from the other room.

An MRI scan can take anywhere from 30 minutes to 45 minutes to complete, depending on the body part being scanned. You are allowed to have a family member or a friend with you during the examination.





WHEN/WHY DO YOU HAVE TO GET AN MRI DONE?

A physician generally suggests getting an MRI scan done when he suspects a medical condition that cannot be detected in a regular physical exam. It's an advanced scanning device that information which other technologies like can provide ultrasound, X-ray or CT scan cannot provide.

WHAT TO EXPECT DURING AN MRI SCAN?

Once you are inside the MRI machine, you'll be asked to hold still during the period of scanning. You'll hear a humming noise when the scan begins, if you aren't comfortable, you may be given headphones to block the noise.

The procedure is painless. You don't feel the magnetic field or radio waves, and there are no moving parts around you. During the MRI scan, the internal part of the magnet produces repetitive tapping and thumping.