

Breast MRI

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Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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What you need to know about getting a breast MRI

Just as mammograms are done using x-ray machines specially designed for the breasts, breast magnetic resonance imaging (MRI) also requires special equipment. This MRI machine is called an MRI with dedicated breast coils. The dedicated breast MRI equipment is at St Helens Hospital. MRI uses strong magnets instead of radiation to make very detailed, cross-sectional pictures of the body. An MRI scan takes pictures from many angles, as if someone were looking at a slice of your body from the front, from the side, or from above your head. MRI creates pictures of soft tissue parts of the body that are sometimes hard to see using other imaging tests.

Tips for getting ready for the test

Follow all instructions: You do not usually need a special diet or preparation before an MRI, but follow any instructions you are given.

If you have trouble with enclosed spaces: If being in an enclosed space is a problem for you (you have claustrophobia), you might need to take medicine to help you relax while in the scanner. The radiographers are very familiar with dealing with this situation and it may help if you are anxious to view the MRI machine before the test so they can reassure you. You will be in the exam room alone, but you can talk to the MR Radiographers, as they can see and hear what is going on. They will encourage you during the scan and make sure you are okay.

Remove metal objects: Before the test, you will be asked to undress and put on a gown or other clothes without zippers or metal. Be sure to remove any metal objects you can, like hair clips, jewellery, dental work, and body piercings.

If you have metal in your body: Before the scan, the staff will ask you if you have any metal in your body. Some metallic objects will not cause problems, but others can. If you have any of these types of medical implants, you should not enter the MRI scanning area unless you are told it is okay to do so by the radiology team:

- An implanted defibrillator or pacemaker
- Clips used on a brain aneurysm

- A cochlear (ear) implant
- Metal coils inside blood vessels
- Neuro-stimulator
- Metal shrapnel
- Programmable shunt.

What is it like to get a breast MRI?

MRI (magnetic resonance imaging) scans are usually done on an outpatient basis at the Radiology Department in St Helens Hospital. You will lie face down on the table. Your breasts will hang down into the breast coil so that they can be scanned without being compressed. The Radiographers may use pillows to make you comfortable and help keep you from moving. The radiographer then positions you into the scanner. The test is painless, but you have to lie still inside the scanner. You will be asked to keep very still during the test/scan. The machine will make loud, thumping, clicking, and whirring noises, much like the sound of a washing machine, as the magnet switches on and off. Earplugs or headphones with music to help block noise out will be given to you during the scan. You get to choose the music.

Contrast

The most useful MRI exams for breast imaging use a contrast material that is injected into a vein in the arm before or during the exam. This helps to clearly show breast tissue details. The contrast material used for an MRI exam is called gadolinium.

You must let the radiographer know if you have any kind of allergies or have had problems before with any contrast or dye used in imaging tests. It is important to stay very still while the images are being made.

The whole scan takes about 30-45 minutes, split into 5 minute blocks. If you feel you may have issues with any part of the examination please discuss this with your breast care nurse before the appointment date so allowances can be made, the scanner works on a strict time schedule so variations may not be possible without prior warning.