

IMPORTANT

If you cannot keep this appointment, phone as soon as possible to let us know on **01691 404021**. We can then give the appointment to someone else.

If you require a special edition of this leaflet

This leaflet is available in large print. Arrangements can also be made on request for it to be explained in your preferred language. Please contact the Patient Advice and Liaison Service (PALS) email: rjah.pals.office@nhs.net

Feedback

Tell us what you think of our patient information leaflet. Please send your comments to the Patient Advice and Liaison Service (PALS) email: rjah.pals.office@nhs.net

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Information for Outpatients Coping strategies for having a MRI scan



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Imaging

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Claustrophobia

You or your clinician has indicated to us that you suffer from claustrophobia – many people with claustrophobia manage to have an MRI scan.

The staff are used to dealing with anxious patients and we are here to help you.

Always tell your Radiographer that you are anxious - he/she may not be aware; they will not think that you are silly!

If you think that it may be of help, then give us a ring and have a chat about your particular worries, we can arrange for you to visit prior to your scan if you think that it may be of benefit.

You can speak to a radiographer directly on the following telephone number:
01691 404633.

Please note, we may have to take your details and call you back if we are unable to talk to you when you call.

If you are having your foot, ankle, lower leg, or knee scanned – don't worry your head will be completely out of the scanner.

If you need your hips, pelvis or lower (lumbar) spine scanned we can put you on the table feet first- so your head will just be at the entrance of the scanner and you will still be able to look out.

If your Doctor has asked for your head, cervical spine (neck) thoracic (middle of your back) or your whole spine or whole body to be scanned then you will need to go into the scanner head first. However the tube is open both ends and there is a light on the entire time so it may not be as bad as you envisage.

Some patients find that it helps to ask their GP or consultant for some medication to be prescribed for use on the day of your scan, that can help reduce anxiety.

You should ask your GP or consultant well in advance of your appointment if you require this, as a radiographer is not able to prescribe or provide this medication.

You may wish to have an adult family member/friend in the scan room with you – this is fine as long as they don't have any contraindications to being in the magnetic field e.g. a pacemaker, aneurysm clips or pregnancy (please ring to check if you are in doubt).

Some patients find that a sleep mask over their eyes is beneficial, or alternatively we have some prism glasses which enable you to see out of the scanner, another option is a mirror above you, which allows you to see out.

You can bring along some favourite music to help you relax on a CD.

You will be in control of your scan – we will never make you do anything against your wishes. Whilst being scanned you have a call bell to hold – if at any time you wish to terminate the examination, then you just squeeze the call bell and we will pause the examination and come to you.