

## How to Prepare for your MRI with Anesthesia at MGH

Your doctor has recommended you have a MRI with anesthesia at MGH. A MRI is a machine that takes detailed pictures of the inside of your body. After your MRI is complete, a radiologist will review it and will send a report to your doctor.

Please read this guide carefully. All instructions must be followed or your MRI may be canceled or delayed.

### When is my MRI with Anesthesia?

Your doctor will contact Mass General Imaging to order your MRI. The MRI administrative staff will call you to schedule your MRI appointment and your Pre-Procedure Evaluation phone appointment.

### Pre-Procedure Evaluation (PPE) Phone Appointment

When the MRI administrative staff calls you to schedule your MRI, the staff member will also schedule a Pre-Procedure Evaluation Phone Appointment. A nurse from the Pre-Procedure Evaluation (PPE) office will call you prior to your MRI to ask you questions about your health, the medications you take, and any caregivers you have. This phone call will take about 30 minutes.

- Please have a list of your medications with dosages available for this phone call.
- If the patient is unable to consent to having anesthesia, please tell the PPE nurse the name and phone number of the parent or guardian who will provide consent on the day of the MRI.
- Please inform the PPE nurse if you have a disability and/or need special accommodations.

### Write Down the Date and Time of your:

#### Pre-procedure Evaluation Phone Appointment:

Date: \_\_/\_\_/\_\_\_\_ Time: \_\_:\_\_

#### MRI with Anesthesia Appointment:

#### Check in at Center for Perioperative Care (CPC)

Date: \_\_/\_\_/\_\_\_\_ Time: \_\_:\_\_

Location: Center for Perioperative Care (CPC)  
Wang Ambulatory Care Center, 3rd Floor

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## Planning Ahead

- **Plan who will be coming with you to the appointment.** Family members or caregivers can stay with you until you receive anesthesia and fall asleep, and can be with you when you wake up in Post Acute Care Unit (PACU).
- **All patients must have a responsible adult escort to leave the hospital.**
- **Plan to give consent for anesthesia.** You will need to sign a consent form before receiving anesthesia on the day of your MRI. If you are unable to give consent to receive anesthesia, your health care proxy or guardian will need to be available on the day of the MRI to provide consent. Consent can be obtained over the phone, or in person.
- **Medication.** Some patients feel nervous or restless while waiting at the hospital for the MRI to begin. If you need a prescription medication to reduce anxiety, please contact your Primary Care Physician. Plan to take the medication before arriving at the hospital. Hospital staff are not able to provide this medication.
- **Service Animals.** Please make arrangements for a responsible adult to care for the animal during your procedure.

## The Night Before Your MRI with Anesthesia

- **Do not eat or drink anything after midnight.** Your stomach must be completely empty in order to have anesthesia.
- **Pack things that will help you feel comfortable and relaxed.** Please bring any items from home that will help you feel comfortable while waiting for your MRI appointment (i.e. tablet or laptop, games, book or magazines).
- **Plan what you will be wearing.** If you have difficulty wearing a hospital gown (i.e. if you are very sensitive to textures), you should wear a loose fitting cotton t-shirt and pants with an elastic waistband. To be safe for the MRI, do not wear clothing with any metal or fasteners, such as metal snaps or zippers.

## The Day of Your MRI with Anesthesia

- **No eating or drinking.** Do not eat candy, lifesavers, cough drops, breath mints or chew gum on the day of your MRI.
- **Take only the medications your doctor or nurse has told you to take the morning of your MRI.**
  - If you will be taking morning medications, please take them with a sip of water, apple juice, or cranberry juice.
  - Do not take medications with *applesauce*.
  - If you have a hard time swallowing medications, try these acceptable items; a spoonful of clear Jello with nothing in it, apple or grape jelly with no seeds or fruit, or maple syrup.
- **Arrive, at the Center for Perioperative Care on Wang 3, 1 hour before your scheduled MRI time.** Give yourself enough time to get to your appointment one (1) hour before your scheduled MRI time.
- **Going home:** A responsible adult must be with you at the hospital to escort you home.

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## Arriving at Mass General Hospital

### Parking

Mass General patients and visitors who park in the Fruit Street, Parkman Street and Yawkey Center parking garages are eligible for discounted parking rates by having tickets validated at the cashier in the central payment office on the ground floor lobby of each garage. Valet parking is available after 6 AM in front of the Wang Building.

### Entering the Hospital

- **MAIN ENTRANCE - White Building, 55 Fruit Street**  
As you enter the hospital take a right turn and go past the public restrooms. Take another right into the Wang Building. There are signs directing you to the Wang Elevators. Take the Wang Elevators to the 3rd floor of the Wang Building.
- **WANG ENTRANCE - Wang Ambulatory Care Center**  
Valet parking is available after 6:00AM in front of the Wang Building. If using valet parking enter the Wang lobby and proceed straight to the Wang Elevators. Take the elevators to the 3rd floor.



### Information Desk

Ambassadors welcome and direct patients arriving at the hospital and help patients and visitors with special assistance requests such as getting out of a car or into a wheelchair. Ambassadors are posted at the hospital's main entrance at 55 Fruit Street and also at the Wang entrance.

## Directions to the Center for Perioperative Care (CPC) - WANG 3rd, Floor

When exiting the elevators on Wang 3:

- There will be signs for the Center for Perioperative Care (CPC)
- These signs will direct you to a reception desk around the corner in the hallway
- Check in at the reception desk

## Our Contact Information

For **questions about a medicine** you are taking:

**617-643-2555**

Pre-Procedure Evaluation Phone Program

To **cancel** or **reschedule** your MRI:

**617-724-4226**

MRI Office

If you are **sick and your MRI is in 2 weeks or less**:

**617-643-2555**

Pre-Procedure Evaluation Phone Program

If you are **not going to arrive on time** the day of your MRI: **617-726-8588**

Center for Perioperative Care