

MRI LUMBAR SPINE

Without contrast 20-25 minute scan time

With and without contrast 25-35 minute scan time

Weight Limit 350 pounds

Without Contrast

- No restrictions the night before exam eat, drink anything you desire.
- Any jewelry will be removed. (Excluding rings)
- You may take your prescribed medication(s).
- Please wear clothing that is comfortable & metal free (i.e., metal free bra, t-shirt, shorts or sweat pants) if you have to change into patient scrubs there is a changing room with keyed lockers for your belongings.
- **Patients with the following should NOT have an MRI:**
 - **Pacemakers**
 - **Difibulators**
 - **Certain aneurysm clips**
 - **Certain neurostimulators**
 - **Certain implants that are not MRI safe.**
- As a general rule please be sure to inform your technologist of any prior surgeries before your exam.
- While an MRI scan has no known side effects, it is not recommended for pregnant women unless it is medically indicated.
- You'll need to remove all metal objects for safety reasons and because they cause artifacts to appear on the MRI image.
- **If you are claustrophobic inform the scheduler when the appointment is made. At the time of the exam you will need to bring someone with you that can drive you home.**

With Contrast

- After your exam drink at least 32oz of water to flush the contrast out of your system.
- For a simple IV start, allow 5-10 minutes.
- For a difficult IV start, allow 10-30 minutes. *If you are a difficult IV start please tell the person that schedules your exam.
- Drinking water prior to your exam can help with starting your IV.
- If you are breastfeeding and have contrast as part of your exam, please suspend nursing for 24 hours after the exam.