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Having an MRI scan of your baby while you are pregnant

Department of Radiology
Information for Patients

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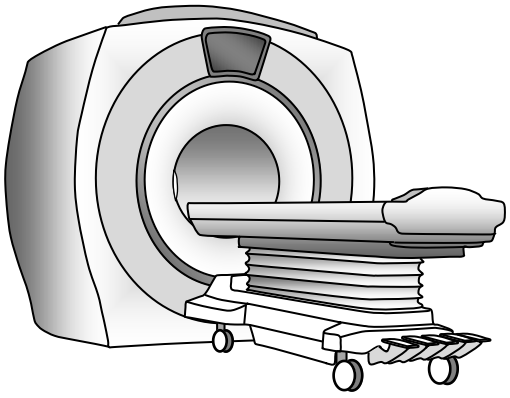
Introduction

If you are an outpatient please **read your appointment letter** carefully. Check which hospital your appointment is at.

Please read all of this leaflet. It is about your MRI scan. It has important information and tells you how to get ready.

You will have had an ultrasound scan of your unborn baby. Your doctor has recommended that you have an MRI scan of your unborn baby (foetal MRI scan). This is so that we can get more information that may help with making decisions about you and your baby's care.

What is an MRI scan?



MRI (magnetic resonance imaging) is a type of scan. It uses a powerful magnet and a computer to make detailed pictures of the inside of the body.

The MRI scanner does not use X-rays.

Can I have an MRI scan if I am pregnant?

Yes. Many studies have looked to see if the magnetic fields and radio waves used in MRI scans could harm a person or their unborn baby. So far, no evidence has shown any risk. This means MRI scans are considered one of the safest medical tests you can have at any stage of pregnancy.

We use a special setting on the MRI machine, called Normal Operating Mode. It makes sure the scanner does not get too warm and the sounds are not too loud for the baby. This helps keep both you and your baby comfortable.

What are the risks?

A heating effect has been reported with MRI scanning. Very rarely, this may cause a burn. We follow strict protocols and procedures to reduce this risk.

Sometimes, the pictures are not clear enough using Normal Operating Mode. If this happens, we may need to use a different setting called First Level Controlled Mode. This setting is very safe and is often used for people who are not pregnant.

There is a small chance that you or your baby might feel slightly warmer during this type of scan.

If we need to use this setting, your doctor or the radiographer will talk to you first and ask for your permission before the scan continues.

Important information

Before your MRI scan we need to check if anything about you could be affected by the scan.

You must tell us, by phoning the number on your appointment letter if you:

- have a pacemaker or internal defibrillator.
- have ever had any metal fragments in your eyes.
- have any implants or surgical clips in your body or head.
- have ever had an operation on your head, eyes, ears, heart or chest.
- have ever had a GI pill video capsule (capsule endoscopy) that did not pass through.
- think there is a chance that you may be pregnant.
- have had an operation in the last 6 weeks.
- have a cochlear implant for your hearing.
- are breastfeeding.

If you are already staying in hospital as an inpatient, please ask staff on your ward to phone the MRI scan room to tell us if any of the above applies to you.

If you have been sent a safety questionnaire with your appointment letter, please fill it in and bring it with you.

If you have a drug patch on your skin:

If you have a stick-on drug patch for pain medicine, hormones, nicotine or other medicine, you will need to take it off before your MRI scan. This is because the patch may warm up or get hot during the scan. This can change how much of the medicine your body gets.

Once a drug patch is taken off, you cannot stick it back on. If you need your drug patch all the time, please bring a new patch with you. You can put it on after your scan.

If a nurse puts your drug patch on you at home please tell them that you will need a new drug patch after your MRI appointment. They can then plan to visit you at home to put a new one on.

If you have a glucose monitor and/or an insulin pump on your skin:

If you use a glucose sensor such as a flash monitor or continuous glucose monitor (CGM) on your skin, you may need to take it off for your MRI scan. It depends what type it is. Please bring a replacement with you. You can put it on after your scan. Or, you can call us to change your appointment so it ties in with when you are due to replace your sensor.

If you have an insulin pump with tubing, you will need to remove the pump before your scan. You can reattach the pump after your scan.

If you have a patch pump, such as an Omnipod, you will need to take the pod off for the scan. The Personal Diabetes Manager (PDM) must be kept outside of the room. You can bring a new pod to put on after the scan.

How do I get ready for my scan?

Do not drink anything with caffeine in (tea, coffee, energy drinks or fizzy drinks) for 4 hours before your appointment.

Check your appointment letter. Follow any instructions in the letter carefully.

Please bring any sprays or inhalers that you are taking with you to the appointment.

Keep taking your usual medicines unless you have been told not to.

It is helpful to wear clothes that do not have metal zips or clips.

A member of staff will talk to you about the MRI scan. They will ask you to fill out a safety questionnaire before starting the scan if you have not already done so.

Before the scan you will need to take off all loose metal objects, including:

- watch, activity tracker, mobile phone, money, credit cards, keys, glasses.
- all jewellery (including piercings) - metal piercings can be replaced with plastic piercings before coming for your scan.
- hair clips and grips, wigs, hair pieces, weaves or extensions.
- eye makeup, fake eyelashes.
- sports clothing that has silver fibres.
- stick-on drug patches or diabetic monitoring device - see more information above.

If you have a fear of confined spaces (claustrophobia) please tell us when you arrive. Most people who are worried about the scan are able to manage it with support from staff.

What happens during the MRI scan?

When you get to the Radiology Department, we may ask you to change into a hospital gown.

- We will take you to the MRI scanner.
- A radiographer or assistant practitioner (an AP) trained in MRI scans will talk to you about the scan and check your questionnaire. You may ask them any questions about the scan.
- You will lie down flat on your back on the scanner bed. We will move this into the magnet. If this is uncomfortable you can lie on your left side.

- During the scan you will hear rhythmic tapping sounds. This may become quite loud. This is normal. We will give you headphones or earplugs to protect your ears from the noise.
- The radiographer or AP operating the scanner can see you throughout the scan. We will give you a call button to alert us if you need to speak to us during the scan.
- For some scans you may need to hold your breath a few times. We will tell you when to do this. If you have any problems holding your breath for short periods (about 20 seconds) please tell us when you arrive.

How long will it take?

The scan takes about 30 to 45 minutes. If you are expecting twins, the scan will take longer. The time will vary for each person depending on the number of images needed.

What happens after my scan?

You should have no side effects from an MRI scan. You can eat and drink as usual. You can return to your usual activity or work.

How do I get my results?

You will not get your results straight away. A specialist doctor called a radiologist will look at your scan pictures. Your results will be sent to the consultant or GP who wanted you to have this scan.

You will not be able to see the pictures from your MRI scan. We will tell you how to get your results after your scan.

Contact details

If you have any questions or concerns, please call:

Radiology Department on **0116 258 6334.**

Monday to Friday 9am to 2.30pm, but not on bank holidays.

Health information and support is available at www.nhs.uk or call 111 for non-emergency medical advice
Visit www.uhleicester.nhs.uk for maps and information about visiting Leicester's Hospitals.
To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net

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إذا كنت ترغب في الحصول على هذه المعلومات بلغةٍ أُخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
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If you would like this information in another language or format such as EasyRead
or Braille, please telephone 0116 250 2959 or email uhl-tr.equalitymailbox@nhs.net

We are a research hospital and you may be asked to take part in research

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