Important information about Magnetic Resonance Imaging (MRI)

MRI is a unique procedure that uses a magnetic field and radio waves to look inside the human body. It is an important addition to existing diagnostic tools because it is a painless procedure, which offers physicians unprecedented computerized images of the human body without using harmful x-rays. This process is called a MRI exam (also scan or study). The Radiologist is a physician who specializes in reading images produced by various technologies. The Radiologist will report his/her conclusion to your physician. Hallmark Health System is staffed by Board Certified Radiologists who are onsite fulltime.

The Technologist is a certified/licensed professional who is trained to operate the MRI unit. Hallmark Health System is committed to employing technologists who provide exceptional care in a friendly and courteous manner.

Locations

CHEM Center for MRI

48 Montvale Avenue Stoneham, MA 02180 High Field MRI & OPEN MRI

Hallmark Health System, Melrose-Wakefield Hospital

585 Lebanon Street Melrose, MA 02176 *High Field MRI only*

If you are unable to keep your appointment, please call 781-279-2213.

Directions

CHEM Center for MRI

Route 128: Take Exit 38A Stoneham, which is Main Street, Route 28, Stoneham. At the 5th set of lights take a right onto Montvale Avenue. The CHEM Center is a two story brick building 1/4 mile on the left.

From Route 93N: Take Exit 36. At the lights at the end of the ramp, take a right onto Montvale Avenue. The CHEM Center is a two story brick building 1/2 mile on the right, past the Montvale Plaza.

From on Route 93S: Take Exit 36. At the lights at the end of the ramp, take a left onto Montvale Avenue. The CHEM Center is a two story brick building 1/2 mile on the right, past the Montvale Plaza.

Melrose-Wakefield Hospital

From Boston/93North: Take 93 North to Exit 34, you will merge onto Route 28. Take a right at the first set of lights onto South Street. Stay straight for approximately 9/10 of a mile on South Street. After passing the Stone Zoo and approaching Spot Pond on your right, get into the left lane. (You will see "To Melrose" and blue H (hospital) signs). Take your first left. At the set of lights, turn left onto the Lynn Fells Parkway (J.J. Grimsby's is on the corner). At the third set of lights, turn right onto Main Street. The hospital is two blocks down on the left.

From Northshore/93South: Take 93 South to Exit 35, Melrose/ Winchester Highlands. Bear left at the end of the ramp then take a right at the stop sign, continue through the lights (Friendly's Ice Cream on corner) onto South Street. Stay straight for approximately 9/10 of a mile on South Street. After passing the Stone Zoo and approaching Spot Pond on your right, get into the left lane. (You will see "To Melrose" and blue H (hospital) signs). Take your first left. At the set of lights, turn left onto the Lynn Fells Parkway (J.J. Grimsby's is on the corner). At the third set of lights, turn right onto Main Street. The hospital is two blocks down on the left.

From Northshore/Route1: Route 1 Southbound, take the Lynn Fells Parkway exit in Saugus (at Russo's Candy Store). Turn left at the third set of lights onto Main Street. The hospital is two blocks down on your left.

From Boston/Route1: Take Route 1 North, take the Essex Street/Melrose exit in Saugus. Take a right off of the exit ramp and over the Route 1 bridge toward Melrose. Essex Street will become Upham Street, Melrose. Continue to first set of lights (Lebanon Street). Turn right, and the hospital is two blocks up on your right.

Hallmark Health

www.hallmarkhealth.org

Hallmark Health System is the premier, charitable provider of vital health services to Boston's northern communities. The system includes Lawrence Memorial Hospital of Medford; Melrose Wakefield Hospital, Melrose; Hallmark Health Cancer Center, Stoneham; The CHEM Center for MRI, Stoneham; Hallmark Health Medical Center, Reading; Hallmark Health VNA and Hospice, Malden; Lawrence Memorial/Regis College Nursing and Radiography Programs, Medford and Ell Pond Medical Associates. Hallmark Health is affiliated with Massachusetts General Hospital for cardiology and Tufts-New England Medical Center for neonatology.

Magnetic
Resonance
Imaging (MRI)



Imaging Services



www.hallmarkhealth.org

hank you for choosing Hallmark Health System Imaging services. We are committed to providing you with the best possible and most respectful care. Our organization is dedicated to providing state-of-the-art technology and quality MRI scanning to patients. We offer appointments seven days a week.

We offer impressive image quality and the latest in MRI technology including two 1.5 Tesla Magnets and an Open Magnet for claustrophobic patients.

Patient's rights

Hallmark Health System is committed to maintaining the rights of patients and will assure patient confidentiality, dignity, privacy and the right for you to understand and consent to the test.



What if I am unable to keep my appointment?

If you are unable to keep your exam, PLEASE call us at (781) 279-2213.

What will my exam be like?

During your MRI exam, you will lie on a padded table. It is important that you lie very still while the images are being taken. A MRI technologist will be right outside the exam room and will be able to see and hear you the entire time.

If you are uncomfortable, just say so and the technologist will be right in to assist you.

During the exam process the MRI scanner makes a very loud repetitive noise. This process is a result of the changing of the magnetic field to collect the data. Earplugs are provided to minimize the sound.

Are there any possible risks associated with MRI?

Extensive testing was done on MRI before it was approved for medical use. There are no known adverse effects from the MRI imaging process itself. Currently, MRI scans are not routinely recommended for pregnant women in the first trimester.

What will happen during the screening and registration process?

Screening is the process that takes place before your MRI exam and includes taking a medical history and individual instruction regarding the exam. You will be registered the day of your exam. This process takes about 15-30 minutes. You will be asked to provide your medical history in detail and sign consent forms. The technologist performing your exam will thoroughly explain the procedure and answer all your questions.

What if I am claustrophobic?

The CHEM Center has an open magnet for patients who are claustrophobic. The Hitachi open magnet was designed to easily accommodate anxious and claustrophobic patients. Please note that some exams cannot be performed on this scanner.

What should I bring to the exam?

Please remember to bring all insurance information and ID cards.

 No special preparations are necessary for a MRI scan, except for the MRCP exam. This exam requires you to be NPO (no food or drink) eight hours prior to the exam. For all other exams, eat, drink and take medications as you normally do, unless otherwise specified.

- Wear comfortable clothing. You may be asked to change into a hospital gown, but frequently a sweatsuit or similar garment without any metal (zippers, metal buttons or snaps) is sufficient.
- Please leave all your valuables at home since you
 will not be able to wear most jewelry and watches
 in the scan room. These items can be affected by
 the magnet. Lockers are available for safe keeping.
- You will be given specific instructions, depending on the area to be examined. For example, for a head scan you may be asked to remove bridge work and non-permanent dentures.

Can I bring a friend or family member?

A friend or family member is welcome, but they must be screened for conditions that would prevent them from joining you in the scan room. (See "Who may not have a MRI exam?" in this brochure).

When will I know the results of my scan?

The images of your scan will be read by our Board Certified Radiologist. The report of your exam is available to your physician generally within 24 hours. Your doctor will discuss your test findings with you.

What about payment for my MRI scan?

We accept all major insurances. As a courtesy, our staff will verify your insurance coverage and inform you of any payment responsibility. If you have any questions, please call our billing department at (781) 279-3162. Also, please note that you will be billed separately by the Radiologist for the interpretation of your scan.

Who may not have a MRI exam?

Most patients with joint replacements or other orthopedic hardware do not present a problem and still can be scanned, but because MRI uses powerful magnetic fields, some patients may be excluded from having a MRI.

If any of the following conditions exist, please notify us at (781) 279-2213 before your exam.

- Cardiac Pacemaker
- Cerebral Aneurysm Clips
- Cochlear Implants
- Implanted Insulin or Chemotherapy Pumps
- Implanted Neuro-Stimulator Devices
- Pregnancy
- Heart Valve Replacements
- Other Prosthetic Devices
- Metal Fragments in Eye