

Preparing for Your Magnetic Resonance Imaging (MRI) Exam

How do I prepare for my exam?

- Stop eating **2 hours** before the appointment time.
- You may drink clear liquids up to **30 minutes** before the appointment time (unless otherwise instructed).

Clear liquids allowed:

- Tea/black coffee
 - Apple or cranberry juice
 - Lemon or lime Jell-O
 - Clear chicken or beef broth
 - Sodas
 - Water
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- Take prescription medications as prescribed with a small amount of water, unless otherwise instructed by the Radiation Oncology Department.
 - Some MRI scans require the use of gadolinium contrast. If you have an allergy to gadolinium contrast, you should have received a prescription from your health care provider for a steroid prep and instructions to obtain over the counter Benadryl.
 - Benadryl causes drowsiness. If you will be taking a steroid and Benadryl prep, you will need to bring a driver or you will be asked to wait 4 hours before discharge from Radiation Oncology.

When you arrive:

- When you arrive you will be asked to change into a gown and pants.
- We are unable to supervise children under the age of 12 years old during your exam, please make arrangements for child care before your appointment.

Disclaimer: This document contains information and/or instructional materials developed by Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

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