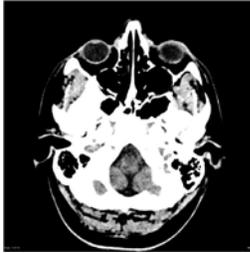
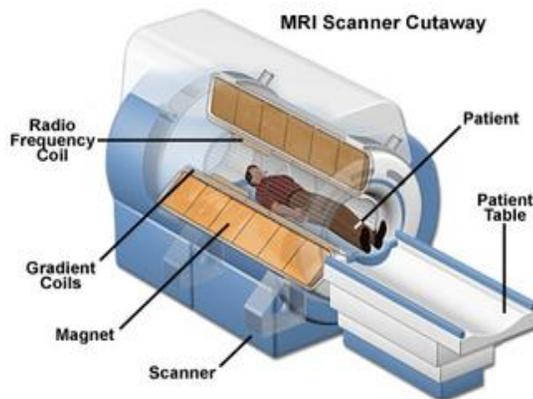


## Relaxation Techniques

### MRI



Magnetic Resonance Imaging or more commonly referred to as MRI is a painless non-invasive diagnostic procedure that allows physicians to see detailed images of the internal structure of your body without using x-rays. This technology uses a large magnet, radio waves and a computer to scan your body.



The magnetic technology requires that the patient hold still and be placed into a scanner.

## Casual Relaxation Protocol

One week prior to MRI please follow these instructions:

1. Find a quiet room and a comfortable chair
2. Make sure that there are no telephones in the room
3. Find a time of day that works for you to do this very easy relaxation protocol; (if you like you can do it twice a day, however, it must be done at least once per day)
4. Let anyone else in your household know that you will not be available for 10 minutes; you can time it on your wall clock or your cell phone.
5. Sit in the chair and relax your shoulders and close your eyes and think about or visualize the colour blue...a soft sky blue
6. Take a deep breathe in through your nose slowly and exhale out through your mouth, slowly, do this 10 times.
7. Once you have completed the breathing exercise you will count in your head from 1 to the number 10 and then back again to 1, repeating this counting from 1 to 10 for the entire 10 minutes

If you start to feel that you are dozing off, allow yourself to do so and don't worry about the counting. If you come out of your dozing, then start to count again until 10 minutes are completed. When you come out after these ten minutes you will feel refreshed and relaxed.

## The Day of Your MRI Scan

These exercises can be done on the day of your MRI scan, before you arrive for your appointment. You can also use the breathing and counting techniques during your scan.

1. Find a quiet room and a comfortable chair
2. Make sure that there are no telephones in the room.
3. Sit in the chair and relax your shoulders, close your eyes and think about or visualize the colour blue...a soft sky blue
4. Take a deep breathe in through your nose slowly and exhale out through your mouth, slowly, do this 10 times.
5. Once you have completed the breathing exercise you will count in your head from 1 to the number 10 and then back again to 1, repeating this counting from 1 to 10 for 10 minutes.

If you start to feel that you are dozing off, allow yourself to do so and don't worry about the counting, however, if you come out of your dozing, then start to count again until 10 minutes are completed.

## Methods of Relaxation

Here at Guelph General Hospital (GGH) MRI department, patient comfort is a priority.

We offer several options to help create your best MRI experience possible.

At GGH we offer music through our MRI compatible head set. Depending on the MRI exam we can also offer a movie that can be watched through our MRI compatible goggles.

Something else we offer at GGH is a breathing relaxation technique.

Research supports that some breathing techniques can bring better focus and therefore increases the possibility of successfully completing your MRI exam.



## Your Achievement is our Achievement

Our dedicated team in MRI are here to help.

If you have any questions about techniques mentioned in this pamphlet kindly ask one of our MRI technologists. Our goal is to provide you with a professional and safe environment. Providing you with compassionate and effective care is our Team goal. Let us work together in making your time in the GGH MRI department the best experience we can.

\*This pamphlet is a collaborative work between the GGH MRI department and Leslie Traill

Guelph General Hospital  
115 Delhi St.,  
Guelph, ON  
N1E 4J4

(519) 837-6440  
info@gghorg.ca

www.gghorg.ca

# Magnetic Resonance Imaging

## YOUR MRI PREPARATION

