

Patient Education: Oral Sedation

Some patients may feel anxious or claustrophobic while having an MRI. Your doctor is recommending you take a sedative prior to your MRI in order to relieve your anxiety prior to your exam.

Sedatives should not be administered to patients who are:

- Nursing mothers
- Pregnant women
- Children below the age of 18

Preparing for Your Exam:

In order to receive oral sedation, you must be at least 18 years of age and **have a designated driver take you to your exam**. Your physician will prescribe a sedative prior to your exam. This medication is used to ease the feelings of claustrophobia or anxiety during your MRI.

You will be instructed:

- No food or drink 6 hours prior to your exam time.
- You may take your normal medications, including pain medications.
- To arrive 1 to 1½ hours prior to your exam time.

On the day of your exam, allow 15-30 minutes for check-in time with Patient Registration prior to proceeding to the Imaging Department. Once you've arrived at the Imaging Department, the staff will coordinate the timing of administering your medication to ensure appropriate sedative effect for your scan. Imaging staff will check on you routinely prior to beginning your exam.

What to Expect During Your Exam:

When having an MRI at Adventist Medical Center or Gresham Imaging Center:

- If there are metal zippers snaps or buttons on your clothes you will be asked to change into a hospital gown.
- An IV port may be inserted for gadolinium (contrast material) administration.
- You will be offered ear plugs, as the MRI scanner makes a loud "knocking" sound.
- You will be taken into the MRI room and asked to lie on the table, which slides out from the scanner.
- Once you are comfortable, the technologist will leave the room, but will be in constant communication with you.
- The technologist will tell you how long each sequence will last. Each sequence generally lasts from 30 seconds to three minutes.
- The scanner makes a clanging sound for the duration of the sequence. After each sequence, there will be a short break of 5 to 10 seconds before the technologist tells you how long the next sequence will last.
- The duration of the entire test depends on:
 - » What is being scanned (e.g., the brain or spine).
 - » If the scan will be done with gadolinium (contrast material).
- Generally, tests are completed within 30 to 60 minutes.

Following Your Exam:

A sedative may cause dry mouth, make you feel drowsy, dizzy, impair your muscle coordination or ability to concentrate. These symptoms can last for up to 12 hours. Do not drive, use machinery or do any activity that requires alertness until you are sure you can perform such activities safely. Avoid alcoholic beverages.

Patients cannot drive and will need assistance to return home. Arrangements should be made for a friend or family member to accompany you home. You will remain in the Imaging Department until awake and able to walk unaided.

Imaging Services

Scheduling

503-251-6137 phone
503-261-6058 fax

Adventist Medical Center

10123 SE Market Street
Portland, Oregon 97216

Gresham Imaging Center

831 NW Council Drive
Gresham, Oregon 97030

Should you have questions or concerns following your exam, you may call the Adventist Medical Center's Imaging Department at 503-251-6132, and dial "0" at prompt.

Questions may also be directed to your referring physician.

Care you can have faith in.