



UW Medicine

MRI：腹部扫描

准备工作和扫描程序

本手册解释如何进行 MRI 腹部扫描、如何进行扫描、如何准备、扫描过程和如何获得结果。

什么是 MRI？

磁共振成像 (MRI) 是一种拍摄体内器官和组织图像的方法。MRI 使用无线电波和一种强力磁铁，提供清晰和详细的图像。在 MRI 图像中甚至同一个器官内的不同类型的组织都能清晰可见。

MRI 帮助你的健康护理服务提供者决定哪一种治疗方法最适合你的病症。

扫描如何运作？

MRI 腹部扫描通常需要拍摄四套或更多套图像。每一套图像拍摄需要 14 秒到 6 分钟时间，将显示腹部的不同部位。

为了你的安全

健康审查

我们需要在为你进行 MRI 扫描之前了解某些**健康状况**。请告诉我们你是否：

- 有肝脏或肾脏方面的任何问题
- 需要接受肝脏或肾脏移植
- 在接受透析治疗
- 对任何药物或对比剂过敏
- 曾接受过任何外科手术
- 正在怀孕或可能怀孕



腹部 MRI 图像。

金属检查

我们还需要在让你接受 MRI 扫描之前了解**你的体内或身体上是否有任何金属**。MRI 强力磁铁会吸住任何**铁磁体**，例如铁和一些其他金属。

如果你的身体上或体内有任何金属，MRI 会对你造成伤害。即使是不会对你的身体造成伤害的少量金属也会使 MRI 图像失真。

如果你的身体上或体内有以下物体，请告诉 MRI 工作人员：

- 动脉瘤夹、心脏起搏器（或人工心脏）、植入口、输液导管（带有 Port-o-cath、Infusaport 或 Lifeport 等品牌名称）、宫内节育器（IUD）、任何金属板、夹子、别针、螺丝或手术订书针、假体髋关节或任何体内金属植入体。

大多数情况下，如果外科手术订书针、夹子、金属板、别针和螺丝装入已经超过 4 至 6 周，在 MRI 扫描期间不会构成风险。如果怀疑体内有任何金属碎片，可接受 X 光照射检查。

- 纹身或永久纹眼线
- 药贴片
- 体内子弹或弹片
- 曾从事接触金属的工作

另外请**取下任何其他可能含有金属**并会影响 MRI 扫描图像的物品。其中包括：

- 发夹
- 珠宝首饰
- 眼镜、助听器和任何可取下的牙齿配件

如何进行扫描？

- 你将躺在一张滑动台上，会将一种称为表面线圈的设备放在你的腹部周围。
- MRI 技师会将台面滑入 MRI 装置内，然后离开扫描室，拍摄 MRI 图像。
- 你可以随时通过对讲机与技师说话。
- 我们会让你在拍摄每一张图像时保持身体静止不动。我们可能会在拍摄某些图像时要求你屏住呼吸。
- 扫描通常需要 20 到 45 分钟时间。

- 有时，会注射 **对比液**，以便更容易查看某些组织或血管。如果你需要接受对比液注射：
 - 你的医生会在扫描开始前将情况告诉你。
 - 你会在扫描中途接受注射。
 - 会通过一根小针头和一根插入你的手臂或手部 **静脉的 (IV)** 管子注射对比液。
 - 如果你的医生要求拍摄 **延迟增强图像**，我们会在为你注射对比液 **20** 分钟后再拍摄更多的图像。这只会使扫描时间延长 **5** 至 **10** 分钟时间。
- 扫描结束后，会让你等到检查了图像的质量后再离开。如有必要，会拍摄更多的图像。
- 扫描结束后，会取下表面线圈。

我在接收扫描的过程中会有什么感觉？

- MRI 不会造成疼痛。
- 有些患者在 MRI 装置内时可能会感到幽闭或不安 (**幽闭恐惧症**)。如果你有幽闭恐惧症，请告诉转介你接受 MRI 的医生。你可以服用帮助放松的药物。
- 你可能会在拍摄图像的部位有温热的感觉。这是正常现象。如果你感到不安，请告诉 MRI 技师。
- 在扫描过程中，你会听到很响的拍击或敲动声。我们会向你提供耳塞和耳机，并播放音乐，帮助摒除部分此类声响。
- 如果需要注射对比液，你可能会在注射部位有不适感或发凉的感觉。

谁来解释结果？我如何获得结果？

一位熟悉 MRI 的放射科医生将查看和解释你的 MRI 图像。放射科医生不会与你讨论结果，但会将一份报告送给你的主治医生或转介医生。这位医生会将结果告诉你。

有问题吗？

你的问题非常重要。如果你有任何问题或担忧，请打电话给你的医生或医疗护理服务提供者。

UWMC 成像服务部
(UWMC Imaging Services):
206.598.6200

Harborview 成像服务部
(Harborview Imaging
Services): 206.744.3105

MRI: Abdomen Scan

How to prepare and what to expect

This handout explains how an MRI scan of the abdomen works, how it is done, how to prepare for it, what to expect during the scan, and how to get your results.

What is MRI?

Magnetic resonance imaging (MRI) is a way to take pictures of your internal organs and tissues. It uses radio waves and a strong magnet to provide clear and detailed pictures. Even different types of tissue within the same organ can easily be seen in an MRI picture.

MRI will help your healthcare provider decide which treatment is best for your medical condition.

How does the scan work?

An MRI scan of the abdomen usually involves taking 4 or more sets of pictures. Each set lasts 14 seconds to 6 minutes and will show a different section of your abdomen.

For Your Safety

Health Review

We need to know about certain **health conditions** before giving you an MRI scan. Please tell us if you:

- Have any problems with your liver or kidneys
- Need a liver or kidney transplant
- Are on dialysis
- Have allergies to any drugs or contrast material
- Have had any surgeries
- Are pregnant or may be pregnant



An MRI image of the abdomen.

Metal Review

We also need to know if you have any **metal in or on your body** before we give you an MRI scan. The strong MRI magnet will pull on any *ferromagnetic* object, such as iron and some other metals.

If you have any metal on or in your body, an MRI can harm you. Even small amounts that will not harm your body can distort the MRI picture.

Please tell MRI staff if you have:

- Aneurysm clips, a heart pacemaker (or artificial heart valve), an implanted port, an infusion catheter (with brand names such as Port-o-cath, Infusaport, or Lifeport), an intrauterine device (IUD), any metal plates, clips, pins, screws, or surgical staples, a prosthetic hip, or any implanted metal object in your body

Most times, surgical staples, clips, plates, pins, and screws are not a risk during MRI if they have been in place for more than 4 to 6 weeks. If there is any question of metal fragments, an X-ray may be done to check for them.

- Tattoos or permanent eyeliner
- Medicine patches
- A bullet or shrapnel in your body
- Ever worked with metal

Please also **remove any other items that might contain metal** and affect your MRI pictures. These include:

- Hairpins
- Jewelry
- Glasses, hearing aids, and any removable dental work

How is the scan done?

- You will lie on a sliding table and a device called a *surface coil* will be placed around your abdomen.
- The MRI technologist will slide the table inside the MRI unit and then leave the room to take the MRI pictures.
- You will be able to talk with the technologist at any time through an intercom.
- We will ask you to hold very still as each picture is taken. We may also ask to hold your breath for some of the pictures.
- The scan usually takes 20 to 45 minutes.

- Sometimes, an injection of a *contrast* is used to make certain tissues or blood vessels easier to see. If you need this injection:
 - Your doctor will talk with you about it before your scan.
 - You will receive the injection about halfway through the scan.
 - It will be injected through a small needle and an *intravenous* (IV) line in your arm or hand vein.
 - If your doctor has asked for *delayed enhancement images*, we will need to take more images 20 minutes after your contrast injection. This will only add 5 to 10 minutes to the length of the scan.
- After the scan, you will be asked to wait until the pictures are checked for quality. More pictures will be taken, if needed.
- When your scan is over, the surface coil will be removed.

What will I feel during the scan?

- MRI does not cause pain.
- Some patients may feel confined or uneasy (*claustrophobic*) when they are inside the MRI unit. Please tell the doctor who referred you for the MRI if you are claustrophobic. You may receive medicine to help you relax.
- You may notice a warm feeling in the area where the pictures are taken. This is normal. If it bothers you, please tell the MRI technologist.
- You will hear loud tapping or knocking noises during the scan. We will provide earplugs and headphones with music to help block some of these sounds.
- If a contrast injection is needed, you may feel discomfort or coolness at the injection site.

Who interprets the results and how do I get them?

A radiologist skilled in MRI will review and interpret your MRI images. The radiologist will not talk with you about the results, but will send a report to your primary care or referring doctor. This doctor will give you the results.

Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns.

- UWMC Imaging Services: 206.598.6200
- Harborview Imaging Services: 206.744.3105