

# MRI (Baaritaanka Ku salaysan Sawirka Magneetiga)

## MRI (Magnetic Resonance Imaging)

An MRI is a safe, painless test. It uses radio waves and a magnetic field to take pictures of soft tissues, bones and blood supplies. The pictures provide information that can help your doctor diagnose the problem that you are having.

**Arrive on time for your test.** The test takes 30 to 90 minutes.

### What You Need to Know

There are some body implants that can either not be safe for you to have an MRI or need special precautions for your safety.

**If you have any of the following, call the location where you are having your test to speak to staff before your test:**

- Are or could be pregnant
- Have a heart pacemaker
- Have aneurysm clips
- An implanted pump or stimulator
- An artificial heart valve
- Breast tissue expander
- Stents anywhere in your body
- Weigh over 400 pounds or 181 kilograms
- Have magnetic implants
- Have a blood clot filter

MRI waa baaritaan ammaan ah oo aan lahayn xanuun. Waxa uu isticmaalaa codadka shuucaaca ama magneetiga si uu u qaado sawirada xubnaha jilicsan, lafaha iyo qulqulka dhiiga. Sawiradu waxay bixin karaan macluumaad ka caawin kara dhaqtarkaaga inuu oggaado xanuunka aad qabto.

**Imoow xiliga baaritaanka.** Baaritaanka wuxuu qaataa 30 illaa 90 daqiiqo.

### Waxa la Rabo Inaad ka Ogaatid

Waxaa jira xubno qofka lagu tallaalo oo ka hor istaagi karta inuu maro MRI ama waxa uu u baahanayaa taxadar dheeraada ah oo ku aadan badqabkiisa. **Haddii aad qabto mid kamdi ah waxyaabahaan soosocda, wac goobta meesha aad ku leedahay baaritaanka si aad ula hadasho shaqaalaha kahor baaritaankaaga:**

- Haddii aad leedahay uur ama aad qaadi karto
- Haddii uu kugu jiro qalabka wadnaha
- Haddii ay kugu jiraan biraha jirka la geliyo
- Haddii lagu tallaalay qalab ama mashiin
- Haddii lagu geliyay wadno macmil ah
- Haddii aad qabto aalada naaska balaarisa
- Haddii jirkaagu kujiro tuubada yar ee xidida
- Haddii culeyskaagu dhaafay 400 oo buun ama 181 kiilo
- Haddii jirkaaga lagu talaalay bir
- Haddii uu kugu jiro qalabka shaandheeya xinjiroowga dhiiga

- Penil prosthesis
- Programmable VP or LP shunt valve
- Metal shrapnel or metal fragments inside your body or eyes

**If the implants in your body cannot be identified, your test may be delayed, rescheduled or canceled.**

**Tell staff if you have an allergy to contrast medicines.**

## **To Prepare for the Test**

- **Plan to arrive 30 minutes before your appointment time.**
- **If pictures are being taken of your abdomen, liver or pancreas, do not eat or drink for 4 hours before the test.**
- If you take diabetes medicines, talk with your doctor about how to control your blood sugar before the test. Tell the technologist if you are diabetic, the blood sugar medicines you take and when you last took them.
- Bring your medicine list with you. Tell the doctor or technologist about the prescription medicines you take, including over the counter, herbals, vitamins or supplements, and if you have any medicine allergies.
- If you wear any kind of medicine patch, such as nicotine or nitroglycerin patch, they will need to be removed for this test. Bring a new patch that you can put on after your test.

- Haddii kugu jiro qalabka lageliyo guska
- Haddii uu kugu jiro qalabka maskaxda ama Programmable VP
- Hadaad qabto qaybo bir ah ama biro yaryar ku jiraan jirkaaga ama indhahaaga

**Haddii xubnaha lagugu beeray ee jirkaaga aan la aqoonsan karin, baaritaankaaga ayaa daahi karta, dib loo dhigi karaa amaba waa la joojin karaa.**

**U sheeg shaqaalaha haddii aad daawooyinka ka buubisada ku qabto xasaasiyad.**

## **Si aad Isku diyaariso**

### **Baaritaanka**

- **Qorshee inaad imaato 30 daqiiqa ka hor waqtiga balantaada.**
- **Haddii sawiro laga qaadaayo gumaarkaaga, beerka ama beer yaraha, waxba ha cunin waxnana ha cabin 4 saac kahor baaritaankaaga.**
- Haddii aad qaadato daawooyinka sonkorta, kala hadal dhaqtarkaaga sida loo xakameeyo sonkorta dhiigaaga kahor baaritaanka. U sheeg qofka sameynaayo teknoolajiyada inaad qabto sonkor, daawooyinka sonkorta dhiiga ee aad qaadaneysa iyo markii kuugu danbeysay ee aad qaadatay.
- Soo qaado liiska daawooyinkaaga. U sheeg dhaqtarka ama farsamo yaqaanka teknoolajiyada daawooyinka aad qaadato, oo ay kujiraan daawooyinka dukaamada aad ka gadato, kuwa dhirta, feetamiinada ama kuwa nafada leh, iyo haddii aad qabto wax xasaasiyad ah.
- Haddii aad xirato nooc kamid ah daawooyinka balaastiga ah, sida icotine ama nitroglycerin, waxay u baahan doonaan inay saaraan marka ay sameynayaan baaritaankaan. Soo qaado balaastiga daawada si aad iskugu xirto baaritaanka kadib.

- If being in a closed space frightens you, talk to your doctor. Your doctor may give you some medicine to bring with you to help you relax. **If you do bring medicine to help relax, you need to have someone with you that can drive you home.**
- Haddii aad kujirto meel xiran oo ku cabsi gelinaysa, la hadal dhaqtarkaaga. Dhaqtarkaagu waxa uu kusiin karaa xoogaa daawo ah oo kaa caawin doonaa inaad dareento deganaan. **Haddii aad qaadato daawo kaa caawineysa inaad deganaan, waxaad u baahan doontaa inaad wadato qof guriga kuu kaxeeya.**

## Day of Your Test

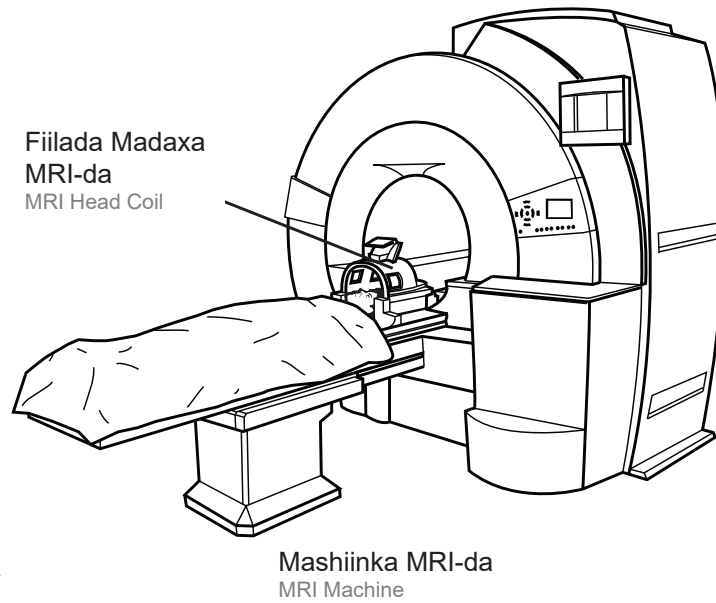
- Bring your ID and insurance card.
- Staff will review your medical history with you.
- You will need to remove all metal items such as watch, hairpins, bra, jewelry, coins and piercings from your body. Please leave valuable belongings at home. You will not be able to take anything into the room including your purse, wallet or keys.
- You will be asked to change into hospital clothing. A locker is provided for your things.
- An IV may be started in your arm for IV medicine called contrast. IV contrast is needed to give better pictures for certain MRI tests only.

## Maalinta Baaritaankaaga

- Soo qaado kaarka Aqoonsigaaga iyo kaarka caymiska.
- Shaqaaluhu waxay akhrin doonaan taariikhda daawooyinkaaga.
- Waxaad baahan doontaa inaad iska saaro dhammaan biraha sida saacada, biinka timaha, raajabeetada, dahabka, lacga birta ah iyo biraha dhegaha ee kujira jirkaaga. Fadlan waxyaabaha qaaliga ah oga sootag guriga. Ma awoodi doontid inaad wax u qaadato qolka oo ay kujiraan boorsada gacanta ee dumarka, boorsada gacanta ama fure.
- Waxaa lagaa codsan doonaa inaad xirato dharka isbitaalka. Waxaa lagu siinayaa qaanad aad dharkaaga gashato.
- Waxaa gacanta laguugu xiri karaa qalabka daawada gacanta lagula siiyo IV si aad u daawato daawada IV oo loo ka buubiso. Qalabka gacanta lagu dhejiyo IV waxaa loo isticmaalaa inuu bixiyo sawir wanaagsan marka la sameynaayo qaar kamid ah baaritaanada MRI kaliya.

## During the Test

- You will lie on a padded table in the middle of a long tube-like machine.
- The table slides into the opening of the machine until the part of your body to be checked is in the center.
- A device, called a coil, may be placed on the area of your body to be tested. This device helps the machine take better pictures. For example, If you are having a test of your head, you may have a head coil that is over your head like a helmet.
- Lie very still during the test.
- You may be asked to hold your breath for a few seconds during the test.
- You will hear a sound like a drum beat as the pictures are taken. You may be given headphones or earplugs to wear to quiet the noise of the machine.
- You can talk to the staff through a speaker. Tell the staff if you need help or are uncomfortable.



## Inta lagu jiro Baaritaanka

- Waxaad ku seexan doontaa miis le'eg sariir oo dhexda ku wata tuubo dheer sida mashiinka.
- Miiska waxa uu ku siqayaa gudaha mashiinka illaa qaybta jirkaaga ee baaritaanka lagu sameynaayo ay dhexda imaato.
- Aalad, loo yaqaan aalada lagu qabto meesha baaritaanka (coil), ayaa lagu qaban karaa meesha jirkaaga ee la baaraayo. Aaladaan waxay mashiinka ka caawineysaa inuu qaado sawiro wanaagsan. Tusaale, haddii aad baaritaan madaxa ka mareyso, waxaad madaxa lagaa saari karaa bir madaxaaga ka koresa sida koofiyada madaxa.
- U seexo si toos inta lagu jiro baaritaanka.
- Waxaa lagaa codsan karaa inaad qabato neeftaada dhowr sikin inta baaritaanku socdo.
- Waxaad maqli doontaa cod sida durbaan la tumaayo ah inta sawiradu qaadmayaan. Waxaa lagu siin karaa eerfoon ama qalabka dhagaha si aad u xirato ayna kaaga difaacaan codka mashiinka.
- Waxaad shaqaalaha kala hadli kartaa sameecada. U sheeg shaqaalaha haddii aad dareemeyso deganaan la'aan ama aad u baahan tahay caawimaad.

## After the Test

- You may drive home after the test if you were not given medicine to help you relax during the test. **If you were given medicine to help you relax, an adult must be with you to take you home.** It is not safe for you to drive or leave alone.
- If you were given contrast medicine during the test, drink 8 (8-ounce) glasses of clear liquids to flush the contrast out of your body. Good liquids to drink are water, apple juice and Sprite. If you are on a special diet, follow the instructions given to you as to what to drink.
- Test results are sent to your doctor. Your doctor will share the results with you.

**Talk to the staff if you have any questions or concerns.**

## Baaritaanka Kadib

- Waxaad gaari u qaadan kartaa guriga kadib baaritaanka haddii aan lagu siin daawo aad ku dareento deganaan intii lagu jiray baaritaanka. **Haddii lagu siiyay daawo aad ku dareento deganaan, waxaa qasab inuu qof wayn kuu ka xeeyo guriga.** Amaan ma ahan inaad adigu gaari guriga u wadato ama aad kaligaa baxdo.
- Haddii lagu siiyay daawada kabuubisada inta lagu jiray baaritaanka, cab 8 (8-ounce) galaas oo ah biyaha cad si aad jirkaaga oga saarto kabuubisada. Cabitaanada wanaagsan ee la cabo waa biyo, juuska tufaaxa iyo cabitaanka Sprite. Haddii aad kujirto qaadashada cunto gaar ah, raac tilmaamaha lagu siiyay ee ku saabsan waxa la cabo.
- Natijada baaritaanka waxaa loo dirayaa dhakhtarkaaga. Dhakhtarkaaga ayaa kuu sheegaaya natijada.

**La hadal shaqaalaha haddii aad qabtid wax su'aalo ah ama walaacyo ah.**