

MRI Scan Preparation for Patients with Anxiety Disorders

Dear [Patient's Name],

We hope this letter finds you well. As you prepare for your upcoming MRI scan scheduled for [Date], we want to provide you with some important information to help make your experience as comfortable as possible.

Understanding the MRI Procedure

An MRI (Magnetic Resonance Imaging) is a safe and non-invasive imaging technique that allows us to obtain detailed images of your body. It is essential to remain still during the scan to ensure clear images.

Preparation Instructions

- Please arrive at the facility at least [Time] minutes before your scheduled appointment.
- Wear comfortable clothing without metal fasteners. You may be asked to change into a gown.
- Inform us of any anxiety or fear about the procedure so we can assist you.

Managing Anxiety

We understand that undergoing an MRI can provoke anxiety. Here are some suggestions to help alleviate your concerns:

- Practice deep breathing exercises before and during the scan.
- Bring a comfort item, such as a pillow or blanket, to help you feel more at ease.
- If you wish, bring a friend or family member for support.

During the MRI

The scan itself typically lasts [Duration] minutes. You will hear loud noises during the procedure, but you're welcome to wear earplugs provided by our staff.

Post-Scan Information

After the procedure, you can resume your normal activities unless instructed otherwise. We will contact you with the results within [Timeframe].

If you have any further questions or concerns, please do not hesitate to contact us at [Phone Number] or [Email Address]. We are here to help!

Thank you for your cooperation.

Sincerely,

[Your Name]

[Your Title]

[Medical Facility Name]