Table 1. Techniques to manage patients with Claustrophobia, Anxiety, or Emotional Distress associated with MRI.

(1) Prepare and educate the patient concerning specific aspects of the MR procedure (e.g., MR system dimensions, gradient noise, intercom system, constant presence of the MRI technologist, etc.).

(2) Allow an appropriately screened relative or friend to remain with the patient during the MR examination.

(3) Maintain verbal, visual, and/or physical contact with the patient during the MR procedure.

(4) Use an appropriate stereo system to provide music to the patient.

(5) Use an appropriate video monitor or goggles to provide a visual distraction to the patient.

(6) Use a virtual reality environment system to provide audio and visual distraction.

(7) Place the patient prone for the examination.

(8) Position the patient feet-first instead of head-first into the MR system.

(9) Use mirrors or prism glasses to redirect the patient’s line of sight.

(10) Use a blindfold so that the patient is not aware of the surroundings.

(11) Use bright lights inside of the MR system.

(12) Use a fan inside of the MR system.

(13) Use vanilla scented oil or other aroma therapy.

(14) Use relaxation techniques such as controlled breathing or mental imagery.

(15) Use systematic desensitization.

(16) Use medical hypnosis.

(17) Use a sedative or other similar medication.

[*Additional information may be found in the Safety Info section of www.MRIsafety.com]