

First C-Spine MRI

With many thanks to a dear friend I was well prepared for the scan and had little to no fears about it at all, so going there was fine. The staff were super nice and friendly so there was no anxiety problems there either.

I had to re-answer the questions they had already asked me both on the phone and on a paper questionnaire I had to sign for safety purposes. The scanner much looked much like a CT scanner at first glance, except more snug I suppose, it was definitely comfier anyway.

I lay down on the scanner slide/bed, the radiographer explained the earphones and gave me the emergency buzzer. They put a neck brace on me so that the area was still, told me to uncross my legs, put my arms at my side and it would begin.

The other radiographer did tell me to close my eyes, but I didn't think she meant immediately so as I started sliding in I thought 'oh gee-whiz that's a bit close', it is a very snug fit. I closed my eyes at that point anyway to stop any bouts of claustrophobia, due to curiosity I did open them intermittently throughout the scan but not once did I panic. In the end I concluded the scanner ceiling was about 15cm from my face.

Despite the headphones I could hear the various buzzes, pings and vibrations of the scanner which were not at all unpleasant, it was quite entertaining if I am being totally honest. After the first set was over the radiographer asked if I was okay, but after that he just continued through to the end which was completely fine with me.

It took about 15-20mins in total. They told me when I was going to come out of the scanner, removed the headphones and buzzer, told me when to expect my results and I was on my way.

I collected my belongings from the locker they gave me and now the wait for the results begin.