



# Breast MRI Scan

## Breast MRI

Iowa Radiology proudly offers Abbreviated Breast MRI (AB-MRI). Until now, Breast MRI was only available for patients at very high risk for developing breast cancer. Due to advances in breast imaging, AB-MRI provides an additional screening tool for patients with dense or extremely dense tissue. In conjunction with mammography, it is the most sensitive method to detect breast cancer.

## High Risk Breast MRI vs. Abbreviated Breast MRI

High Risk Breast MRI is indicated for women with greater than 20% lifetime risk of developing breast cancer. It is also used to determine the extent of a known tumor or to evaluate treatment effectiveness. This exam generally takes less than 30 minutes to complete. Insurance will commonly cover high risk breast MRI.

## Before Your Breast MRI

Your baseline (first) breast MRI is scheduled between days 4–15 of your menstrual cycle. After this initial scan, future MRIs can be scheduled at any point in your cycle. You will need to remove any metal (all jewelry, hair clips, and bobby pins) you are wearing. You will be asked to disrobe, and we will provide you with a gown and a secure locker in which valuables can be placed. Our technologist will ensure your comfort and obtain a thorough medical history. If you have questions, our professionals are there to keep you at ease and answer them throughout the procedure.

## What to Expect

With your Abbreviated Breast or High Risk MRI, your technologist will start an IV to administer contrast. You will be asked to lie on your stomach on the exam table. The table will then slide into the scanning area. During the test, the MRI will make a rapid tapping noise as images are obtained. For your comfort, we offer earplugs or a music headset and blankets. You may resume normal activities following the MRI. Our radiologist will analyze the images and report the results to your doctor within 2 business days. Your doctor will contact you with the results. In some cases, additional imaging may be required.

## Contrast Enhanced Mammography

Breast MRI is the most sensitive and proven option for detecting breast cancer. However, we understand that MRI isn't the right fit for everyone. For patients with a high lifetime risk of breast cancer (20% or greater) who may feel anxious in an MRI environment, have certain medical considerations, or are unable to comfortably complete the exam, Contrast-Enhanced Mammography (CEM) offers a valuable alternative. CEM uses IV contrast to highlight areas of concern on mammogram images. Our team will work closely with you and your provider to determine the most appropriate imaging approach based on your individual needs.

### LOCATIONS

3625 N Ankeny Blvd, Ste H, Ankeny, IA 50023

12368 Stratford Dr, Ste 300, Clive, IA 50325

2515 Grand Prairie Pkwy, 2nd Floor, Waukee, IA 50263

### HOURS

Monday – Friday: 8 AM – 5 PM

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[IowaRadiology.com](http://IowaRadiology.com)