



Sydney
Imaging
Specialists

Abbreviated Breast MRI

- knowing the basics before you scan

Abbreviated Breast MRI (AB-MR) – is an MRI protocol with contrast, developed to substantially shorten scan time, while maintaining high diagnostic accuracy. AB-MR does not use radiation and does not require breast compression.

Booking time. Due to the efficiency of the scan, 20 minutes is allocated for your total scan time. It is important that you arrive at least 15 minutes **prior** to your booking, to fill out your paperwork & change into your gown. Imaging is optimal between the 7-14th day of your menstrual cycle, so it is best to book your appointment for the second week of your cycle.

Contrast injection- is an essential part of the routine AB-MR examination. “The contrast enables much higher sensitivity averaging 93% for breast cancer detection as compared to around 70% for mammography alone.” The contrast material used for an MRI exam is called Gadolinium (MRI specific). It is not the same as the contrast dye used in CT scans, but please notify us prior to your scan if you have any known contrast allergies.

Drink water. It is important that you are well hydrated before the AB-MR, as this will make your veins more accessible and the contrast injection, easier and more comfortable. Generally, 2-3 extra glasses of water, a few hours before your scan is enough. You **do not** need to have a full bladder for the scan. Drinking water after your scan, will also help flush out the contrast.

If you have any questions or would like to receive more information on AB-MR or MRI contrast, please contact us on info@sydneyimaging.com.au contrast.

References:

Leithner D, Moy L, Morris E, Marino M, Helbich T, Piker K. Abbreviated MRI of the Breast: Does it Provide Value? J. MAGN. RESON. IMAGING 2019;49:e85-e100