Imaging scans can bring up a variety of emotions for most patients in their cancer journey. Preparing for imaging or waiting for results can cause distress. It makes a considerable difference to ease anxiety by being prepared.

**Quotes**

"I found it helpful to focus on the noise of the machine and compare it to something familiar, like a garbage truck."

"Closing my eyes and mentally going to a peaceful place like Yosemite helped me get through the scan."

"Taking deep breaths and reciting a calming mantra like 'calm and relaxed' helped me stay calm during the procedure."

"I was able to lie down and have a fan blowing towards me."

"I got to choose from a couple scented aromatherapies and listened to the available music."

"I've learned the importance of not dwelling on the uncertain future... I choose to focus on the strength and courage I have within, finding solace in the present."

"...Finding coping mechanisms that work for you can make a big difference."

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**Get In Touch**

Let us know what has worked for you. The Patient & Family Cancer Support Center is here to help.

**Phone**
415.885.3693

**E-mail**
CancerSupportCenter@ucsf.edu

**Address**
1825 4th St. First Floor
San Francisco, CA 94158

cancer.ucsf.edu/crc
Preventing For The Scan

**Staying Active**
- Doing activities and exercise.
- Spend time with family & friends.
- Find your relaxation techniques.
- Getting a good night’s rest.

**Plan the Appointment**
- Having scans at the end of the week may lead to you getting the results days later because of the weekend.
- Schedule the scan at a time that doesn’t interfere with personal activities.
- Check availability of UCSF imaging machines that have videos and a headset.

If you need additional medical support prior to your scan, please reach out to your care team.

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**Preparing For The Scan**

**What You Can Request**

A few things can be requested in the room to increase your comfortability throughout the scan.

- **Cool Breeze**
  A fan inside the MRI scanner can be turned on and adjusted to level that works for you.

- **Essential Oils**
  The aroma of essential oils can be requested to help with relaxation.

- **Eye Cover**
  If you’re feeling claustrophobic, a sleep mask can be offered to cover your eyes for comfort.

- **Music & Ear Plugs**
  For additional noise reduction, earmuffs and headphones with UCSF set music (if available) can be requested. Cancelling as much noise as possible is required for an MRI exam.

Please do not bring your own supplies to your scan. The requested items are free and approved by UCSF.

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**Meditation**

Mentally go to some place that is peaceful for you. Take deep calming breaths and focus on relaxation.

The Patient & Family Cancer Support Center offers meditation tapes for free on our website.

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**Connections & Support**

UCSF offers various forms of available support including our oncology social work team, psycho-oncology, support groups, peer support and more.

cancer.ucsf.edu/crc