

What (Not) to Wear in the 7T MRI

***Note:** if you do not have suitable clothing, please contact the CUPS team (217.383.7493) in advance and we can provide you with scrubs.

What to Wear

- Wear clothes that you will be comfortable in for long periods of time
- T-shirts, sweatpants, jeans, pajamas, or longer dresses (as you will be lying down)
- Bring socks if you need to remove your shoes (it will be cold in the room!)

What to Avoid

- Avoid clothing that contains metal zippers, buttons, or other metal components above your shoulders
- Clothing that is uncomfortable when laying on your back (hooded sweatshirts, belt loops, buttons on back, etc.)
 - While bras with metallic underwire are acceptable, please note that it may be uncomfortable
- Athleisure wear (such as Lululemon) labeled “anti-microbial” or “odor-wicking”
 - If possible, we recommend wearing as minimal spandex clothing as possible

What to Remove

- Belts or shoes with metal pieces
- Any piercings and jewelry (including watches)
- Metallic makeup (particularly eye makeup) such as metallic powders or magnetic eyelashes
- Any removable dental implants or hearing aids
- Hair accessories: pins, wigs, hats, scarves
- Face masks with metal nosepieces will be removed but you may wear a cloth mask if you prefer or no mask while in the scanner
- Glasses- you may wear contacts or know your prescription so that we may provide lenses if you cannot see the screen

What to Expect when you Arrive:

1. We will go through a metal detector to identify any metal prior to entering the scan room
2. The MRI technologist will review your safety screening form and ask for additional information about your medical history where needed.
3. You will be asked to remove any metal accessories or metal clothing
4. All your belongings will go into a secure locker
5. We will set you up for the MRI scan