



University of Wisconsin  
**SCHOOL OF MEDICINE  
AND PUBLIC HEALTH**

1 August 2011

**RE: Suggested Claustrophobia Anxiety Prophylaxis for MRI**  
**MEMO TO:** Referring Physicians Ordering MRI Studies for Patients with Claustrophobia  
**FROM:** MRI Safety Committee  
Scott Reeder (Chair), Kelly Bybee, Aji Djamali, Matt Henry, Jeff Kanne, Fred Kelcz, Scott Knishka, Frank Korosec, Tom McKinlay, John Park, Missy Post, Howard Rowley, Elizabeth Sadowski, Charlie Stojanovich, Frank Thornton, Mike Tuite, Karl Vigen

For patients who may experience claustrophobia during an MRI scan and require prophylaxis, the University of Wisconsin Department of Radiology suggests the use of Lorazepam (Ativan, Temesta), a short-to-intermediate duration benzodiazepine.

We recommend that the physician requesting the study prescribe two (2) Lorazepam 1 mg tablets, and that the patient should fill the prescription prior to their MRI appointment. The patient should take one (1) tablet 1-2 hours prior to their MRI appointment. The patient should bring the 2nd tablet with them to the MRI appointment, and if the patient is still anxious immediately prior to going into the MRI scanner they should take the 2nd one (1) tablet.

Referring physicians are requested to remind their patients that they should not drive after taking anxiolytics and should arrange to have a driver take them home after their MRI scan.

Please direct questions to Mike Tuite, Scott Reeder, Scott Knishka or Kelly Bybee.