

Time for pictures!

You're going to get an **MRI**.
Here's what that's all about.



What is an MRI?

An MRI is a big camera that takes pictures of the inside of your body. The MRI uses magnets to help take the pictures. The MRI camera is a circle with a short tunnel. Having an MRI does not hurt.



Arriving at the hospital

You'll first check in at the registration desk in the hospital's main lobby. You and your caregiver will get a bracelet to wear that has your name and birthday on it.



Where you'll wait

After registration, you and your caregiver will go to the radiology waiting room and check in with a receptionist at the front desk. From there, the receptionist will walk you and your caregiver to the MRI waiting room. When it's time for your pictures, a radiology technologist (or a tech for short) will come to the waiting room and call your name.



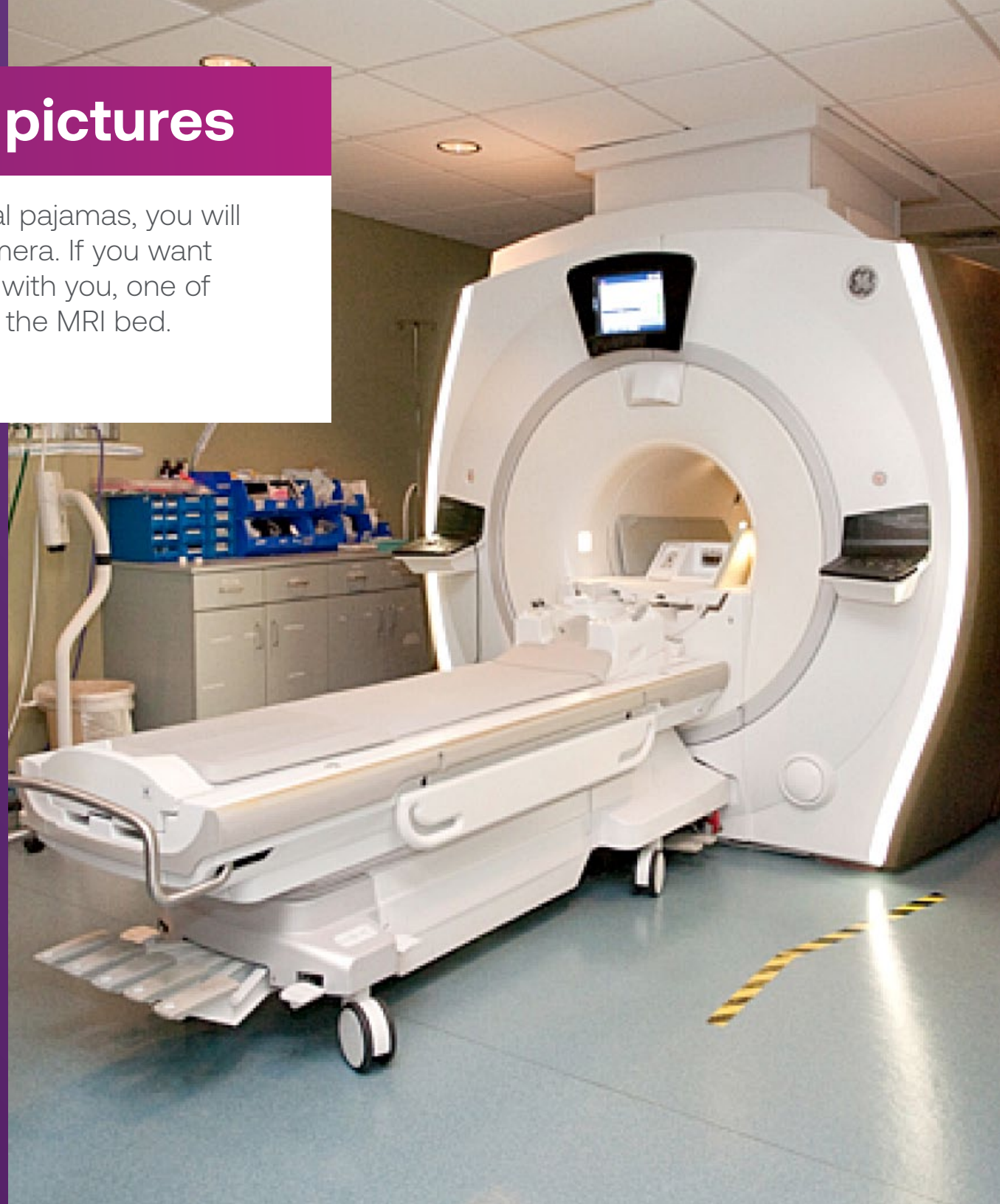
There's hospital PJs!

Before your MRI, you will need to take off any metal — like jewelry, hair clips, a watch, or anything shiny or glittery on your clothes. Metal or glitter will make your pictures come out blurry because they interfere with the magnets that help take the picture. We have pajamas you can change into before your pictures.



Getting your MRI pictures

After you have changed into hospital pajamas, you will walk into the room with the MRI camera. If you want your caregiver to come in the room with you, one of them can. The tech will help you on the MRI bed.



Coils help take the pictures

Next you will lie down on the MRI bed and the tech will put something called a “coil” over the part of your body we want to take a picture of. The coil tells the camera where to take the pictures. Some kids get a coil over a part of their belly, arm or leg. If the pictures are of your head, you will have a coil that looks like a helmet. It’s important to know the head coil doesn’t touch your head. These coils don’t hurt.



Leg coil



Belly coil



Getting your MRI pictures

The camera makes lots of loud noises, like knocking, an alarm clock or even construction trucks. The tech will give you earplugs or headphones to help make the loud noises a little quieter.

The MRI bed will move into the short tunnel for the pictures. Once the bed is inside the tunnel, it will not move. It’s now time to start taking pictures. MRI pictures take about 30 minutes to 1 hour. That is about the length of a cartoon show or movie. While you are getting your pictures taken, the tech will be behind a window. The tech can talk to you to make sure you are doing OK or to give you instructions.



Staying still

Your job is to hold your body still during the MRI scan. Just like regular pictures, if you move the pictures will come out blurry. Can you practice holding your whole body as still as a statue?

Sometimes it's hard to hold still during the pictures. Here are a few ideas to help:

- Close your eyes and think of a song you can sing in your head.
- Close your eyes and imagine that you're at your favorite fun place. Who is with you? What is the weather like? What sounds do you hear around you?
- Use your imagination. Maybe you're in outer space or in a castle!



Our child life specialists are here to help

Child life specialists can help reduce a child's fear associated with the hospital environment. They do this through therapeutic play, developmentally appropriate medical preparation and coping support. They can help you and your family understand what to expect during an MRI scan.

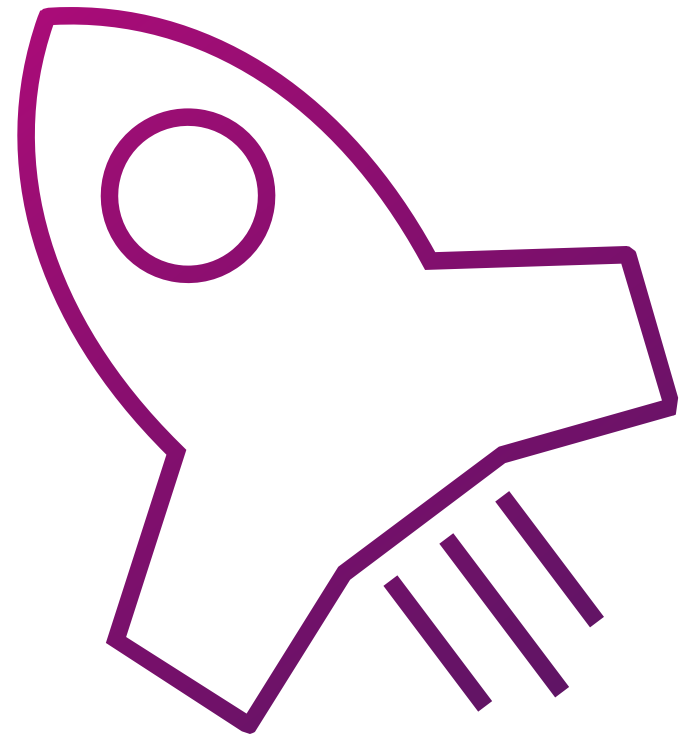


A note to caregivers about movie goggles

Sometimes movie goggles are available for children. It depends on what type of scan your child is having, your child's age, as well as the MRI scanner being used for your child's pictures. This allows your child to watch a movie during the scan – and we provide the movies!

A note to caregivers about contrast

Depending on the type of scan your doctor ordered for your child, the MRI scan may be done with or without a contrast agent. The contrast will be given through a butterfly needle or an IV in a vein in your child's arm. The amount of contrast given depends on your child's weight. The contrast will not make your child feel any different.



Questions?

After reading this, you might have questions. Feel free to write them down (by yourself or with the help of your caregiver) and bring them with you to the hospital. We will make sure all your questions are answered before we start!



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GREAT JOB!

**That's the end of your MRI!
You're all done.**

