



## Magnetic Resonance Imaging (MRI) Scans

- **A legal guardian or parent must accompany your child.**
- **Please read this instruction sheet prior to your child's MRI scan.**
- **If your child is ill (fever, cough, flu, etc.), please call the radiology nurse 24 hours before your appointment time.**

### About the MRI Scan

MRI uses a very strong magnetic field, radio-frequency waves and a computer to create detailed images of the body. MRI images show the soft tissues of the body in great detail without any of the potential risks of X-rays.

Each MRI scan is designed based upon your child's individual medical history. Special imaging devices may be placed close to the area being scanned. For example, an MRI of the wrist may require your child to place the wrist inside a small tube (coil). An MRI scan will take about 25 to 45 minutes.

### Before the MRI Scan

We will evaluate your child's ability to hold still and follow directions. Before the scan, both you and your child will be asked some questions, including:

- Is there a possibility of any metal or surgical devices in the parent or child?
- Is it possible that you or your child is pregnant?

### What to Wear

Children: Clothes with metallic accessories (zippers, buttons, snaps, coins, etc.) will **not** be allowed in the MRI scanning area. All children will be asked to wear only radiology gowns during the study. Jewelry (even pierced jewelry), hair accessories, purses and wallets will **not** be allowed inside the MRI scanning area. A secured locker will be provided for your clothes and valuables.

Parents: We suggest that you wear casual clothes, such as T-shirts, sports pants or sweat suits to the hospital. You will be asked to place your jewelry, watches, keys and credit cards in a secure locker in the MRI area.

### Radiology Nurse

The radiology nurse will talk to you about your child's medical history. Please tell the nurse about any allergies your child may have. The nurse or child life specialist will use appropriate play therapy to explain the MRI scan to your child. The nurse will also talk to you about the MRI procedure and sedation. Please feel free to ask any questions.

## During the Scan

During the MRI scan, your child will lie on a bed that will slide into an open tunnel that looks like a big donut. Your child will need to be very still. As the MRI “camera” takes the pictures, it will make a loud knocking noise. Earplugs will be available to muffle the noise. Depending on the part of the body being scanned, your child may be able to listen to the radio, their favorite CD or watch a movie. A special fiber optic headset (made just for the MRI scanner) will be offered.

## Preparation for Sedation/Contrast Medium

Some children may require the use of sedation to help them hold still during the MRI scan. Some children may also need a contrast medium. If these have been recommended for your child, please review the following information.

- A legal guardian or parent **must** accompany your child to the MRI suite.
- We will provide juice. If your child would like something else to drink, please bring it with you to the hospital.
- Bring any special items (blanket, plastic toy, pacifier, etc.) to help your child go to sleep in the MRI suite. Please remember: **no metal** on these items.

The radiologist will prescribe sedation medication to help your child be still during the MRI scan. Sedation medication will be given to your child by the radiologist or the radiology nurse. The nurse will closely monitor your child during the MRI scan and for an hour or so after the scan.

If I.V. (intravenous line) sedation or I.V. contrast medium is required, a small I.V. catheter will be placed in your child’s vein. Your child’s physician or the radiologist may request the use of contrast medium if they feel it is necessary to more closely visualize certain areas of your child’s body.

To safely send your child home, it will be necessary for your child to return to their pre-sedation condition. Discharge instructions will be given to you at that time.

## Food

To help provide maximum safety during sedation, please limit food intake as follows:

- Breast-fed infants and toddlers: Stop breast-feeding four hours before sedation.
- All children: No solid food or milk eight hours before sedation. Children may have clear liquids (water, tea, Gatorade®, Kool-Aid®, apple juice, cranberry juice, Pedialyte® or white grape juice, but **no carbonated sodas**) up to two hours before sedation.
- Medicine: Give all medicine as prescribed with a sip of water or clear Jell-O®. Do not stop any medicine unless the radiology nurse or your physician requests it.

If you have any questions or need to cancel or change your appointment, call the radiology department at (214) 559-7450 or 1-800-421-1121 and ask for extension 7450.