

MRI Scan Preparation Book

NorthShore Child Life Department



This preparation book contains a series of photos that will help prepare you and your child for their upcoming MRI experience.

This book contains information regarding MRI sensory expectations, sequence of events, clearing common misconceptions and will offer your child coping strategies to help them successfully complete their MRI.

If you have any questions or your child needs additional support, please contact our child life team at 8475702831.

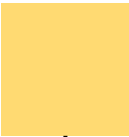




**Today we are going
to learn more
about what an
“MRI” scan is.**

**Have you ever heard of an
“MRI” before?**

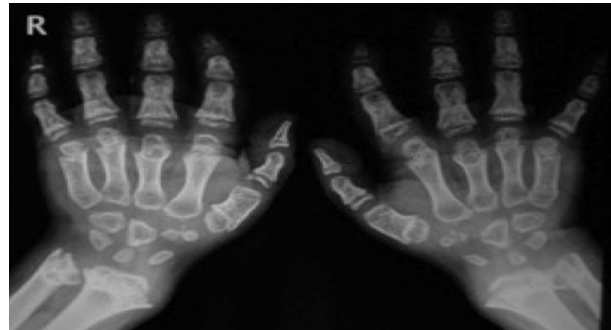
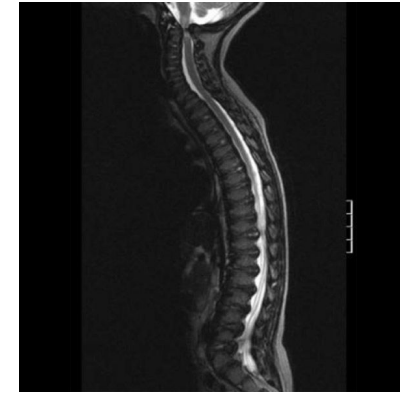
**If not, don't worry, we will
help you learn more about it
in the coming pictures!**



- **This is the MRI camera. It takes detailed pictures of the inside of your body.**
- **The MRI is a circular shaped machine that has a hole in the center of it with a long bed.**
- **The back of the camera is open, making it like a tunnel! Some kids say it looks like a spaceship or giant donut!**
- **When it is time to take pictures, the bed will slide inside the middle of the tunnel.**



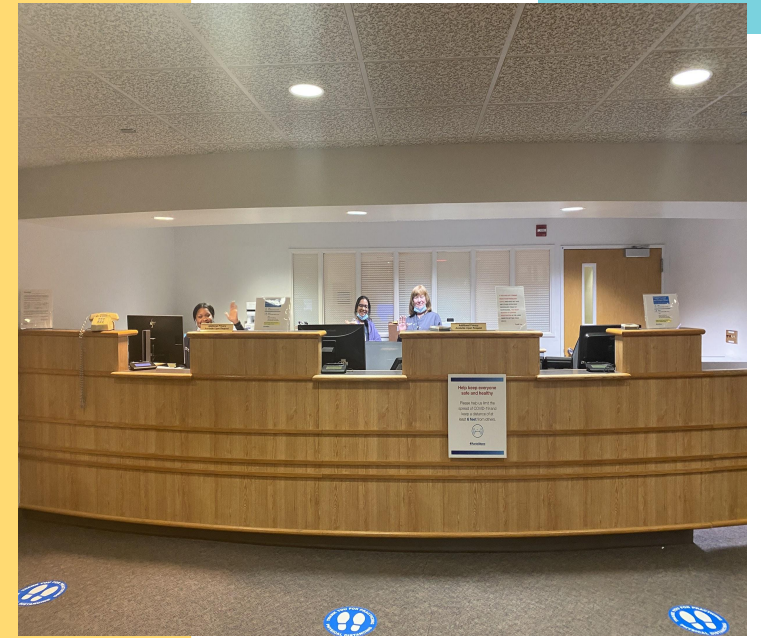
Do you know
what **part of
your body** you
are getting
pictures of?





First, you will go the Radiology Waiting room.

When you arrive you will wait in this room until it is time for your scan. You will also be asked to change into a hospital gown\pajamas in the changing room.!





Next, you will go to the MRI Control Room.

You will meet your MRI technician and see the MRI camera. The MRI technician has an important job of taking pictures during your MRI. They may ask your parent or caregiver safety questions beforehand. They will also make sure you are not wearing any metal on your body.

Sometimes you will be given contrast (a liquid to help the doctor see your organs better) towards the end of the pictures. This is given through an I.V., which is a small, plastic straw that goes inside your vein.



It is now time for your MRI scan!



This is the MRI camera that will take your pictures.

Your parent/caregiver will be able to walk in with you and sit next to you for your scan.

The MRI tech will help you get up on the bed, put your headphones and cloth seatbelt on and help you lay down for your pictures.

Do you see the bed where you will lie down? Headphones? Helmet? Squeeze ball?



What does the MRI machine sound like?

The MRI machine makes many loud & repetitive sounds that may sound similar to common sounds you hear everyday. These are some examples of the sounds the MRI might make!

<https://www.youtube.com/watch?v=pr5Yzvm11DA> : Entering the MRI scanner room

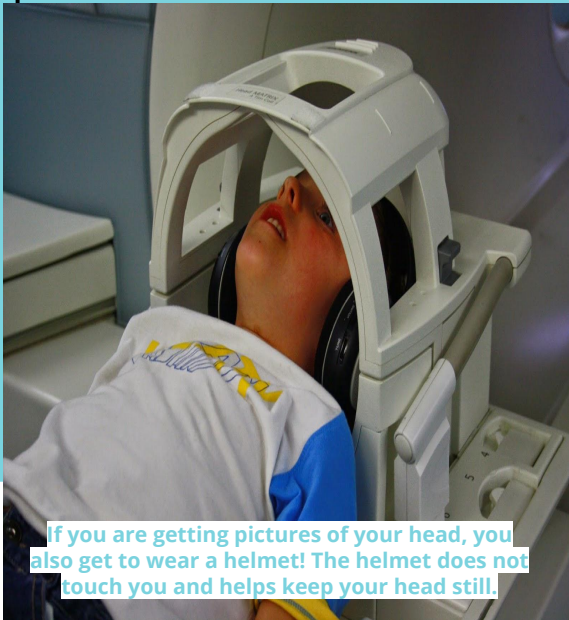
<https://www.disnola.com/the-sound-s-of-mri/> : MRI SOUNDS





During your scan...

- You will lay down on the bed with your comfort item or blanket. You will also wear a soft, cloth seatbelt to help you remember to lay still.
- You will feel the bed moving slowly inside the tunnel where the camera is taking your pictures.
- You will hear loud noises and clicking sounds. They will give you ear plugs and headphones to listen to music or a story so it is not too loud.
- During your pictures, many kids like to think about relaxing places or favorite things. Some kids like to think about their favorite place, vacation or the beach. Other kids fall asleep, what do you want to think about?
- Remember, it is very important to keep your body very still during your MRI so we can get clear pictures of the inside of your body.



What do I do during the MRI?



Keep your body still!

Did you know one of your MOST important jobs is to keep your body still during your scan? This is so the pictures are very clear for the doctors to see inside your body. Pretend you are playing freeze tag or laying down still watching a favorite show!

Choose a favorite song or story you would like to listen to!

Like we discussed earlier, the MRI machine makes loud noises so we have ear protection for your ears and special noise-cancelling headphones that you can listen to music or a story during your pictures!

Close your eyes, take deep breaths and relax!

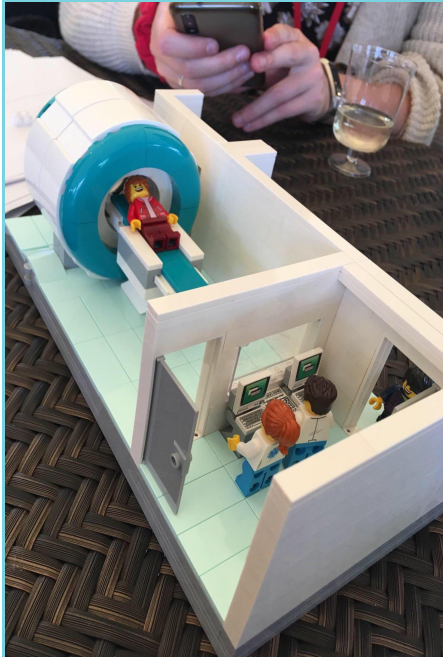
Most kids say they like to pretend to travel to their favorite place or dream of a beach vacation during their MRI. Some kids just like to sleep during their pictures. What do you think you will think about to help your body relax?

Let's review some facts.



What does MRI stand for

Magnetic Resonance Imaging



Why do I need one?

The doctor wants to take detailed pictures of a part of your body that may be hurt or sick to see how we can help you feel better.

Can my parent be with me?

Yes, one parent or caregiver can be in the room with you during your MRI.

How does it take pictures

It uses magnets, radio waves and computers to take detailed pictures of inside your body!



Does the MRI hurt?

The MRI does not ever hurt or touch you. It does make loud, repetitive beeping noises though.



What is my job during my MRI?

Your most important job is to keep your body still so the pictures are clear for the doctor. .