

# Getting an MRI

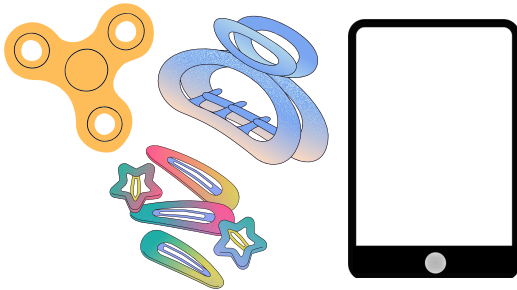
Sometimes, people need pictures of the inside of their body to help doctors learn more. The MRI machine looks like a big donut or tunnel. MRIs do not hurt.



Your caregiver and you will check in at the reception desk and then you will wait in the waiting area. There may be chairs and posters on the wall.



Before we start, you will need to put away your items from home, metal objects like jewelry, toys, and hair clips. Your caregiver can hold these.



You will be asked to change into a hospital gown and pants using our changing area. If you feel cold, we can give you a blanket.



A nurse may take you to a different part of the hospital so they can help take care of you before your MRI.



Before you go to the MRI room, you will need to say "See you soon" to your caregiver and they will wait in the waiting room for you.



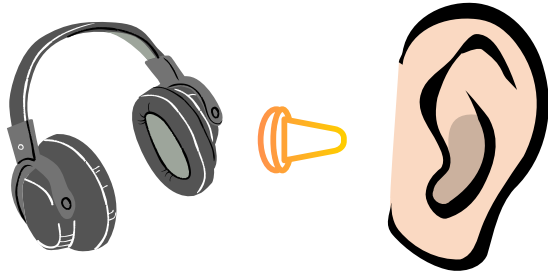
The MRI Technologist will say hello and bring you to the MRI room. The room will have a big machine with a table and bright lights. It's ok to ask questions.



Then it's time to lie down and get cozy on the bed. Staying very still helps the pictures come out nice and clear. The MRI has special coils to help keep your body comfy and still, so you don't have to work too hard. Just relax and take slow, gentle breaths.



The MRI machine is noisy. Our staff will give you hearing protection to wear. You will still hear the noise, but it won't be as loud.



When the MRI starts the table will move inside the donut part of the machine. During the MRI, you may feel the bed move a little.

At times, the MRI technologist will talk to you during the MRI. It's okay to respond and tell them how you're feeling.



When the MRI is done, you will get to go back to your caregiver and go home.



Scan or click here to hear what an MRI sounds like!



## Tips for Parents

### Bring Comfort Items:

- Favorite stuffed animal, blanket, etc.
- Sunglasses for waiting in bright areas
- Headphones or noise-canceling earmuffs
- Small fidget toys or stress balls
- Ipad
- These items will **not** be allowed in during the MRI procedure, please ensure your child is aware of this.

### Practice & Preparation:

- Practice lying still at home for an extended period (20 minutes)
- Use deep breathing or relaxation exercises
- Gradually introduce MRI sounds at a low volume so your child can get used to the noise before the appointment.
- If your child will require sedation, someone from the department will contact you to discuss.