

# MRI (Sedated)

## What is an MRI?

An MRI (Magnetic Resonance Imaging) is a special camera that takes pictures of the inside of your body using a strong magnet. MRIs can be taken of a specific body part, such as brain or spine, or sometimes your whole body. The MRI is not painful, however it is very loud.

## Why it is important to have an MRI?

Your doctor wants to take a look at your organs and bones to see how they are working. MRIs can help find out why you are having pain, headaches, trouble moving or if something in your body needs a closer look.

## Your job during an MRI.

In order to get good pictures, you need to keep your body very still. If you're feeling nervous or need help staying still, the doctor may give you medicine called anesthesia to help you take a quick nap. The Anesthesiologist will be watching you throughout the pictures to ensure you remain sleepy and comfortable. When the pictures are done, the medicine will wear off and you will naturally wake up.

## What happens when you have an MRI?

### Steps:

- You will be asked to change into hospital pajamas. If you have any metal on your body, like earrings or a necklace, you will be asked to take them off. Since the MRI is a magnet, you can not have any metal on you for your pictures. The metal can make the pictures less clear for the doctors to read.
- A nurse will check your vital signs (heart rate, pulse and temperature).
- The Child Life Specialist or nurse will explain what will happen and answer questions.
- Numbing cream may be offered to help with the IV, which gives your body anesthesia medicine to take what seems like a quick "nap."
- An IV will be placed with a special plan made by you, your caregivers and the team.
- You will go to the MRI area with your caregivers, nurse and/or Child Life Specialist.
- MRI techs will ask you and your caregiver some safety questions.
- The length of the MRI depends on what part of your body they are taking pictures of. The MRI techs can give you an estimate.
- You will be asked to move from your bed to the MRI bed.
- The MRI Machine looks like a big donut or tunnel. You may notice it from a distance.



- Your caregivers will be nearby until you get sleepy.
- The nurse or techs will place monitors on your body to help the doctors watch your heart rate and breathing while you are sleepy.
- The Anesthesiologist will give you medicine for your nap through your IV. Some kids like to count on before the nap begins! Once sleepy, the doctor will move your bed into the MRI room.
- Sometimes to get clearer pictures, the doctor requests you get contrast during your MRI. The contrast is a liquid that goes into the small IV in your arm and helps the pictures show up better.
- After the pictures are done, you will be moved to the recovery room. Your caregivers will be right there when you wake up.
- You might feel a little sleepy or dizzy afterward. That is normal and will get better soon.
- The nurse will take your IV out, get you something to drink and help you change back into your clothes.
- A wheelchair ride to the car is helpful since you might feel wobbly for a few hours.

### **Things that can help when having an IV prior to an MRI.**

- Ask about available numbing cream and other pain control options. This may include application of Emla cream (1-hour prior) or by requesting LMX cream (30 minutes prior), the use of Buzzy Bee or Sweet-Ease (if less than 18 months).

## **MRI Machine**

- IV Education with a Child Life Specialist.
- Comfort positioning.
- Blocking the sight with an I-Spy Board.
- Distraction such as fidget toy, book, tablet, singing, bubbles, etc.
- Breathing reminders and/or counting; “Breathe in on 1,2 and out on 3.”
- Children take cues from their caregivers, so it is helpful to remain calm.



# Steps for an MRI

		
<p>Hospital Pajamas</p>	<p>Vitals—Temp. across forehead, Blood Pressure (hug on arm), Weight, Heart Rate &amp; Pulse (light on finger)</p>	<p>Numbing cream</p>
		
<p>IV Steps</p>	<p>IV placement</p>	<p>Ride to MRI</p>
		
<p>MRI room</p>	<p>Light on finger , Hug on arm, Heart monitor stickers</p>	<p>Anesthesia medicine in IV</p>
		
<p>Pictures during anesthesia nap</p>	<p>Recovery room</p>	<p>Wheel chair ride to the car</p>