



**NATIONWIDE  
CHILDREN'S**

*When your child needs a hospital, everything matters.™*

# Helping Hand™

## MRI (MAGNETIC RESONANCE IMAGING)

Magnetic Resonance Imaging (MRI) is a method of examining the inside of the body. The MRI machine is a large magnet that surrounds the body (Picture 1). It uses magnetic fields and radio frequencies instead of X-rays to produce images. The image on the screen is recorded by a computer.

### WHAT TO BRING FOR THE TEST

Have your child bring a favorite cuddling toy or blanket to keep with him during the test. (The toy may not have any metal in or on it.)

### BEFORE THE TEST

**Clothing** - Dress your child in comfortable clothes with no snaps or zippers (sweat pants and T-shirt, for example). Any objects that contain metal (such as hairpins, watches, or pajamas with metal snaps) or any body piercing, must be removed because metal can affect the test. Tell the technologist if your child has any tattoos or uses a medication patch.

**General Anesthesia** – If your child will be having general anesthesia for the MRI, **Pre-admission Testing will call the night before the test with instructions.**

**Sedation** - If your child cannot hold still while the pictures are being taken, he *may* need to be given some medicine (sedation) to help him relax and make him sleepy. A nurse will complete a history and physical exam on your child, and explain the sedation.

★ **A parent or legal guardian needs to be here if your child is to be sedated or have general anesthesia.** They will need to give information on the child's health and sign a form giving consent for sedation. If a parent or guardian is not available, please have a phone number where a nurse can reach them at the time of the test.

★ **If your child is ill with a fever, stuffy nose or cough, you may need to be rescheduled. Please call (614) 722-6200 and ask to speak to a Radiology nurse.**

**Food and Drink** - It is very important to follow these instructions exactly:

- **Your child may not have food, milk, or thickened feeds for 6 hours before the test.** This also means **no Popsicles, broth, Jell-O, and orange juice.** Also, **no chewing gum, mints, lollipops, cough drops, or candy of any kind** are allowed. **Note:** If a patient has been chewing gum, the test will be delayed 2 hours from the time the gum is spit out. If the gum has been swallowed, the test will be delayed 6 hours. (Continued on page 2)

### For Outpatient Use Only

Child's name \_\_\_\_\_

#### APPOINTMENT:

Date \_\_\_\_\_

Please bring your child to the MRI Department to register. The MRI Department is in the main building of Nationwide Children's Hospital on the first floor.

#### Arrival time:

If your child needs to be sedated, you need to arrive **60 minutes before your scan time.** This allows time to register, fill out a medical history form. A nurse will complete a history and physical and explain the sedation that will be used.

If your child **does not need to be sedated**, we need you to arrive **30 minutes before your scan time.** This allows you time to register and fill out screening sheets.

Scan time \_\_\_\_\_

**If you need to cancel your appointment or reschedule, call (614) 722-6200, Radiology option.**

- **Formula** – Children may have formula by mouth or feeding tube **up to 6 hours before the test.**
- **Breast milk** – Babies over 1 year (12 months or older) may have breast milk up to **6 hours before the test.** Babies under 1 year (younger than 12 months) may have breast milk up to **4 hours before the test.**
- **Water, Pedialyte, 7-Up or clear apple juice** may be given **up to 2 hours before the test.**
- **Nothing** is to be given for **2 hours before the test.**

### Prescription Medicines

**Give your child his or her usual prescription medicines. Give medicine with a very small sip of plain water.**

If your child uses a medication patch, remove the patch before the test, put the sticky sides together, and flush it down a toilet. After the test replace your child's patch with a new one.

**Sleep** - Your child must be sleepy for the test. The night before the test, keep your child awake 2 hours later than his normal bedtime. Wake him 2 hours earlier than normal in the morning.

**Medicine for the test** – If your child needs sedation it will be given by mouth, by rectum (in the child's bottom), or by IV. The radiologist and nurse will decide how the medicine will be given, depending on the age and weight of your child and the length of the test. The nurse may put a numbing cream on your child's hand, arm or foot 20 to 30 minutes before an IV is started.

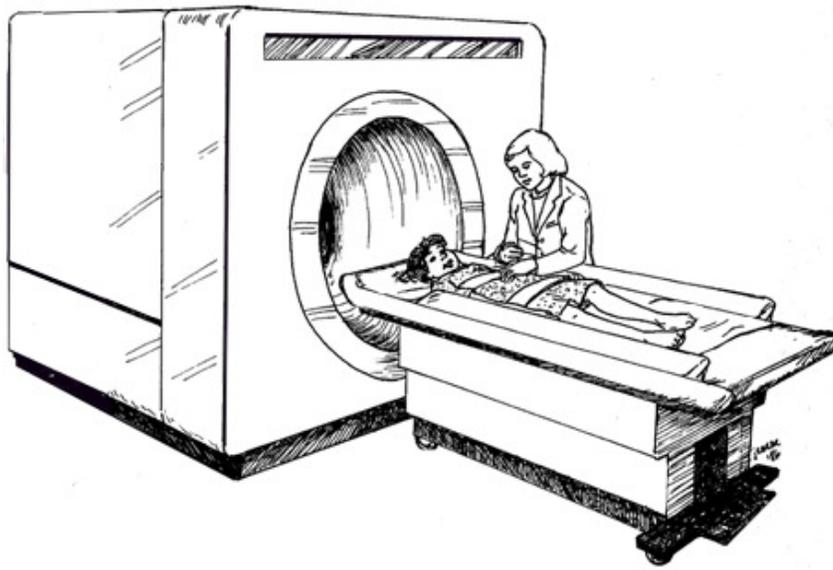
If you have any questions please call the doctor who ordered the exam or the Radiology Department where the test is being done.

### HOW THE TEST IS DONE

A parent may stay with the child in the MRI room while the test is being done. If you would like to stay with your child during the test, please tell the technologist.

- After your child falls asleep, a technologist will place your child on a padded table. If the brain is to be examined, a device that looks like a helmet will be placed over and around the child's head.
- Next the technologist will move the table so that your child's body is inside the opening of the magnet. If your child is not sedated, it is important for him or her to hold very still during the test.
- Your child will be given earplugs to wear or a set of headphones to listen to music. Your child will not have any pain with this test, but will hear a sound like a loud tapping or hammering.
- Your doctor may ask that your child be given *contrast solution* during the test to help the images show up better on the film. An IV will be started and the contrast solution will be put in the IV. After the contrast is given, the IV will be removed and the scan will continue.
- The technologist and a nurse (if your child is sedated) will be outside the room during the test but will be able to see and monitor your child. If your child has been sedated, he or she will be connected to a heart monitor and pulse oximeter so the nurse can check your child's heart rate and breathing during the MRI test.

Depending on the type of test your child is having, the exam may take 20 to 90 minutes to complete. When the test is over he or she will be given apple juice or Pepsi Cola to drink. If your child prefers something else, please bring it with you.



**Picture 1** Having an MRI Test.

### **AFTER THE TEST**

If your child has been sedated, you will need to stay in the MRI area for 30 minutes to one hour after the test is done. Your child needs to be awake before going home and must be supervised by a parent or other caregiver the rest of the day. He should not return to school or daycare the day of the MRI test.

- Your child will be given apple juice, a cola drink, or a drink brought from home.
- The nurse will give you home-going instructions for your child.
- A report of the test will be sent to your child's doctor within 48 hours. When they get the results, they will explain the test to you.

If you have any questions, be sure to ask your doctor, nurse or technologist, or call 614-722-6200.