

## Your Child's Care

The Le Bonheur radiology staff wants to care for your child's physical and emotional needs. The information in this brochure will answer questions you or your child may have about the scheduled magnetic resonance imaging (MRI), and help prepare your child for the test.

Your child's doctor can also answer any questions you may have, or you can call the Le Bonheur radiology department at (901) 287-7041 to get more information.

## What is a MRI?

A MRI uses radio waves and a strong magnetic field to provide clear pictures of internal organs.

## How is a MRI done?

1. We will take your child to an exam room.
2. Your child will lie on a table.
3. We may put an IV needle in your child's arm or hand. This will sting for a few seconds, but will not hurt after it is in.
4. Sometimes we may have to put contrast in your child's IV. The contrast material helps the camera take pictures.
5. Younger children may be given medication through the IV to make them sleepy during the test to make it easier on them.
6. The MRI machine is a doughnut-like tube. It is very noisy inside the tube, so ear plugs help to dampen the noise.
7. You may need to be here 3-4 hours to complete the exam.
8. All metal objects such as earrings, keys or metal containing objects such as credit cards must be removed prior to entering the MRI room. If you or your child has any metal inside the body like metal rods please let the MRI staff know. Anyone with a pacemaker is not permitted inside the scan room.
9. Only one person may stay with the child in the MRI room, but other visitors are welcome to stay in the waiting area.
10. If you are pregnant, you should bring another adult to be with your child during the test.

## How do I tell my child about the MRI?

Please talk to your child about the MRI before you come to Le Bonheur. It will make the procedure easier for you and your child. Assure your child that any discomfort will only last a few minutes, and that the test will not hurt.

Tell your child that the test is helping the doctor find out how his/her body is working. Explain that it is important to remain still during the test. You may want to practice being still and relaxing with your child before you come to the hospital. Your child may want to imagine being in a favorite place during the test.

If your child is concerned about being touched or looked at by someone, please explain that we will try to keep his/her body covered as much as possible during the test, and that touching helps find out how his/her body is working.

**For infants**, the test may mean mostly a change in routine feeding and/or sleeping schedule. You can help by being with your infant as much as possible. Bring along your child's favorite blanket or toy. If your child must not eat before the test, feed him/her just before the fasting time begins.

**For preschoolers (less than 5 years)**, explain what will be done during the test, and reassure your child that this is a "helping test." Discuss the test the night before or the day of the test. It may make your child more anxious to talk about it too far ahead of time. Tell your child you will be close during the test. Bring along your child's favorite book to read during waiting periods.

**For school-aged children**, the test may not seem threatening, since they may have already had X-rays or other medical tests before. Explain the test to your child, and answer any questions or concerns he/she might have. Tell your child to ask questions during the test. Bring along a book for your child to read during waiting periods.

**For adolescents**, privacy may be their biggest concern. Explain the test to your teen, and encourage him/her to ask us questions.

## Does my child have to do anything different before the test?

If your child will need medication to help them stay still during the test, he/she may not have any solid food 8 hours prior to the test, no formula 6 hours prior to the test and no clear liquids 2 hours prior to the test.

Your child's doctor will tell you if there are special things to do before your child has the test. Please call Radiology at 901-287-7041 if you need further instructions.

## What else should I know about coming for the test?

It is best not to bring siblings or other children with you to have your child's test. There are times when you will need to be with your child, and other children cannot be left unattended or permitted in the procedure room.

Sometimes, depending on the age and cooperativeness of the child, immobilization devices may be used to get the test done as quickly as possible for the child, and to make sure the results are good.

The radiology staff tries to maintain the schedule as closely as possible. Occasionally a patient requires more time than usual to complete a test. We ask for your cooperation and understanding if you are asked to wait for another patient's test to be finished. The staff will take the time needed for your child, as well.

If you are pregnant, bring another adult to be with your child during the test. You will need to be protected from X-ray exposure. Radiation regulations do not allow pregnant females in X-ray rooms.