

MRI with Sedation

(Magnetic Resonance Imaging)

What is an MRI?

Note: Child-friendly language in Orange.

- An MRI is a test that uses a large magnet, radio waves, and a computer to take pictures of inside the body. It does not use radiation.
- An MRI scanner (**special, big camera**) has a tunnel with a bed that moves in and out. Some kids say it looks like a spaceship or doughnut.



Patient waking up in the Recovery Room

Why is it done?

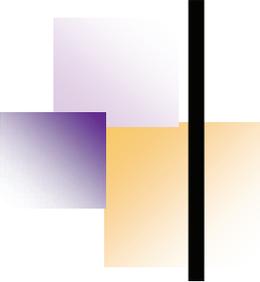
- An MRI is used to produce 2-3 dimensional images of your child's organs, tissues, and bones.
- It can help doctors see tissues anywhere in the body.
- An MRI is often used to diagnose certain conditions and plan for treatments.



MRI Scanner #3– Sunset Safari Theme

What can I do to help my child?

- Parents/caregivers are strongly encouraged to be with their child when they are receiving anesthesia and when they are waking up after the scan to help them feel as safe and secure as possible.



What should I expect during the procedure?

The entire test takes about 3-4 hours and is done in three stages. Results will be sent to your doctor in 1-2 business days.

Stage 1: Getting ready

- A nurse will call you ahead of time to instruct you how to prepare your child for sedation.
- When you arrive at the hospital, MRI staff will bring you and your child into a small private room (the **Prep Room**) to get ready for the exam, and record your child's weight and vital signs. A nurse will then ask you questions about your child's health, and have your child change into a hospital gown (**special picture outfit**).
- Next, MRI staff will ask if your child has any metal on or inside their body such as jewelry, watches, or pacemakers.
 - * If your child is curious, explain that the MRI scanner (**special, big camera**) uses magnets to take pictures, so metal is not allowed near it.
 - * We have lockers you may use to store any metal items during your child's exam.
- An anesthesiologist (**sleepy medicine doctor**) will talk with you and your child about anesthesia (**sleepy medicine**). Patients receive anesthesia through a mask or an IV (**tiny, soft straw placed into a vein using a small needle**). The anesthesiologist will decide with you which way is best for your child.

Stage 2: Anesthesia

- When your child is ready, MRI staff will walk him or her to the Induction Room (**sleepy medicine room**) and help your child get into a comfortable position on the stretcher (**bed on wheels**).
- An anesthesiologist and nurse will then give your child anesthesia to help them fall asleep.
 - * Some children's bodies and eyes move around as they fall asleep. This is very normal.
- Next, you will walk to the front desk and receive a pager so you can be notified as soon as your child's scan is done. Scans times vary based on what part of your child's body is being scanned.

Stage 3: Pictures

- Once your child is asleep, if he or she does not already have an IV, one will be placed to enable your child to continue receiving anesthesia and/or fluids throughout the scan.
 - * Your child will not be awake when this occurs. However, you may want to prepare him or her ahead of time for seeing an IV in their hand or arm when he or she wakes up.
- Your child will then be wheeled into the Scanner (**Camera**) Room, and gently moved onto the camera bed. MRI staff will provide blankets and attend to your child to ensure he or she is secure. A nurse will monitor your child on a one-to-one basis throughout the entire process.
- When your child's pictures are complete he or she will be wheeled into a Recovery Room, and you will be paged. When your child wakes up, he or she will be given a drink and/or popsicle.

Tips for preparing your child for a MRI with Sedation

Infants (Birth– 1 years old):

- Remember you are the most important thing to your child. Your presence will help them feel as safe and secure as possible .
- Take care of yourself too. If you are prepared mentally and physically, you will be more relaxed around your child.
- Bring familiar objects that comfort your child such as a favorite blanket, toy or pacifier.
- Remember that children use many different ways to cope. Crying is a healthy and normal way to cope because it allows them to express their emotions.

Toddlers (1-3 years old)

- Begin preparing your child the day before.
- Let your child know that he or she will have special pictures taken, so the doctor can learn about his or her body.
- Use simple words to describe what your child may experience.
- Reassure your child that you will be close.
- Bring comfort items with you that help your child feel safe, such as a favorite toy or blanket.
- Toddlers are learning to be independent and make their own choices; offer them realistic choices, For example, “What stuffed animal should we bring?”

Preschoolers (3-5 years old):

- Begin preparing your child about 1-3 days in advance.
- Talk to your child about why he or she is having pictures taken. For example, “The doctor will be taking special pictures of inside your body to learn more about how your body works.”
- Use simple words to describe what your child may experience.
- Let your child know that a doctor will be giving them special medicine to help them sleep during the pictures, but that you will be there when they go to sleep and wake up.
- Encourage your child to ask questions.

School Age (6 years old and Up):

- Prepare your child at least several days in advance.
- Talk to your child about why the doctor wants to take special pictures of inside his or her body. For example, “So the doctor can learn more about how your body works.”
- Explain to your child what he or she might, see, hear and feel, in the order things will occur, using child-friendly and/or real terms depending on your child’s preference.
- Let your child know that a doctor will be giving them special medicine to help them sleep during the pictures, but that you will be there when they go to sleep and wake up.
- Encourage your child/teen to ask questions.



Patients in MRI registration area

My questions for the Radiology staff ...

- 1.
- 2.
- 3.
- 4.
- 5.

Child Life

Children's National Medical Center Department of Radiology is staffed with two full-time Child Life Specialists at Children's National Medical Center Main Campus, and one full-time Child Life Specialist at Children's National Imaging Montgomery County Regional Outpatient Center. Child Life Specialists are trained to address the emotional and developmental needs of children and their families during healthcare experiences, and can provide procedural preparation and support before and during your child's exam.

Phone Numbers

- If you would like to speak to a Child Life Specialist before your child's Radiology appointment at Children's National Medical Center Main Campus, please call **202-476-3338**.
- If you would like to speak to a Child Life Specialist before your child's Radiology appointment at Children's National Imaging Montgomery County Regional Outpatient Center, please call **301-765-5727**.
- For more information about hospital-wide Child Life Services at Children's National Medical Center, please call **202-476-3070**.

Children's National Medical Center supports the Image Gently campaign and strives to keep radiation exposure to our patients as low as possible. For more information on this campaign, please visit www.imagegently.org

Children's National Medical Center
Division of Diagnostic Imaging and Radiology
111 Michigan Ave NW Washington DC, 20010
Appointments: 202-476-4700
Administrative Office: 202-476-5080

Children's National Imaging
Montgomery County Regional Outpatient Center
9850 Key West Avenue Rockville, MD 20850
Appointments: 301-765-5707
Administrative Office: 301-765-5702