

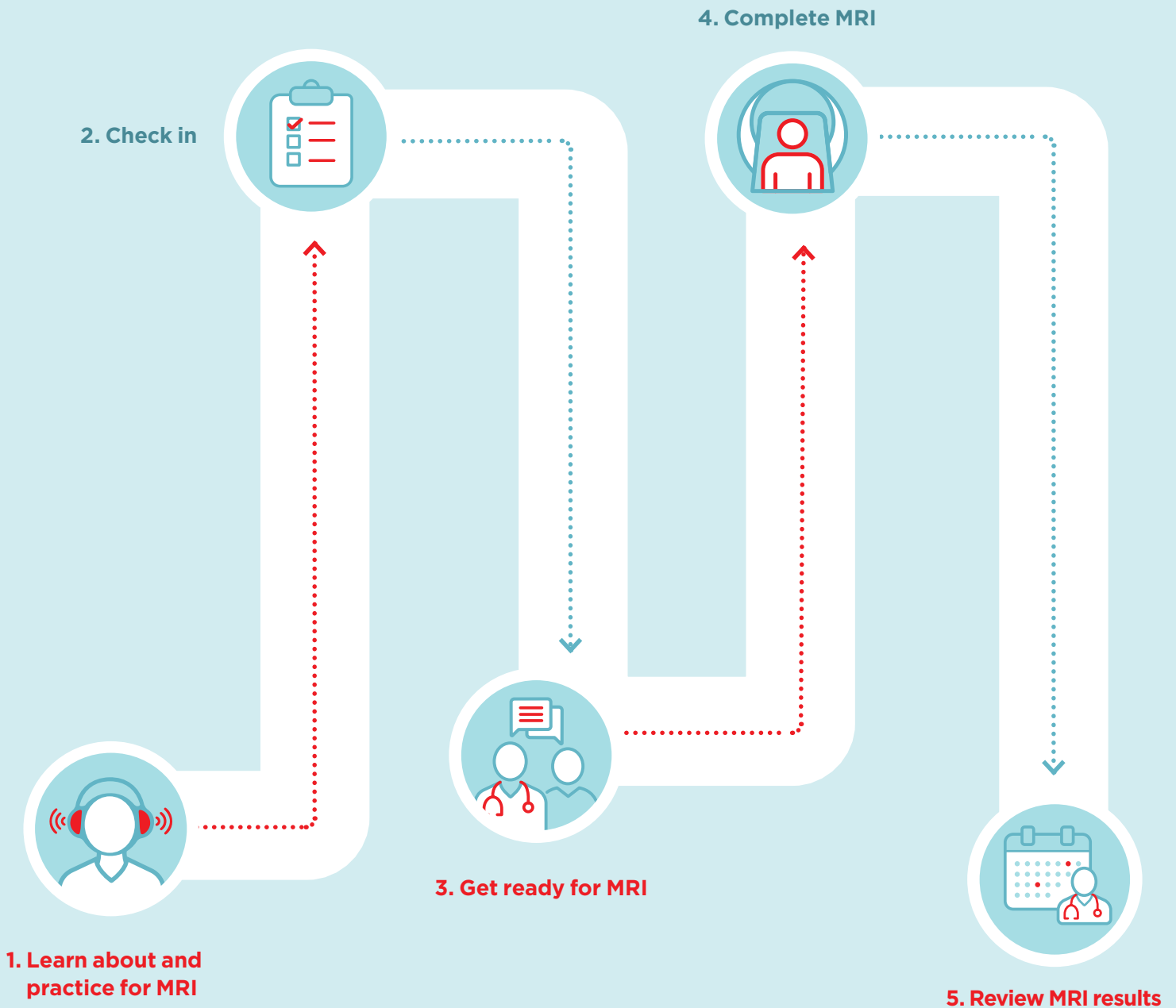


ACTIVITY BOOK

**Learning about magnetic resonance imaging (MRI)**

children'shealth<sup>?</sup>

# Your MRI journey.



Occasionally, not all these steps will happen, or they might happen in a different order.



## 1. Learn about and practice for MRI

- Talk to your child about how MRI machines are used in the hospital to take pictures of the body, how the camera is noisy and how your child will need to hold still.
- Have your child listen to MRI sounds and practice holding still at home.
- Make it a fun game! Start with 30 seconds and work your way up to three to four minutes.
- Develop a coping plan for the time your child will be in the MRI machine.

---

## 2. Check in

- Check in at the registration desk.
- Fill out screening forms, one for your child and one for yourself, so you can stay with your child during the MRI.

---

## 3. Get ready for MRI

- Help your child change into a hospital gown.
- Remove all metal items (phone, wallet, keys, belt, etc.) and place them in a secure locker outside the MRI room during the scan.
- Talk to a child life specialist about what it means to have an MRI and what will happen during the scan.
- Talk to your child about their coping plan.

---

## 4. Complete MRI

- Go into the MRI room, and have your child lie down on the bed.
- The staff will assist with earplugs or MRI-safe headphones to listen to a movie or music.
- Encourage your child to lie very still for the scan – movement makes the pictures blurry.
- The MRI pictures will take around 30-45 minutes. It can take longer or shorter depending on the pictures that the doctor needs and how still your child remains.

---

## 5. Review MRI results

- Talk with your doctor about the results at your scheduled follow-up appointment.
- Contact your doctor for results if a follow-up appointment isn't scheduled.

# Your MRI coping plan.

Please work with your child to complete this short worksheet prior to your child's MRI.



My name is \_\_\_\_\_

I am \_\_\_\_\_ years old, and this is my \_\_\_\_\_ MRI. (first, second, third)

Who is coming with you for your MRI?

\_\_\_\_\_

What will you bring to your MRI? (favorite stuffed animal, blanket or other comfort item)

\_\_\_\_\_

What will you think about if you start to feel nervous during the MRI?

\_\_\_\_\_

My favorite place is \_\_\_\_\_

When you think about your favorite place, who is usually with you?  
(ex; lying on my bed with my dog)

\_\_\_\_\_

What are you doing there?

\_\_\_\_\_

## To help me hold still, you can:

- Remind me to hold still before each picture
- Tell me when I am doing a good job
- Tell me how long each picture is
- Tell me before I hear the MRI noises
- Let me listen to music. I like to listen to \_\_\_\_\_
- Let me hold a comfort item

## If I need an IV for contrast for my pictures, I will:

- Watch or look away
- Blow bubbles
- Play iSpy
- Squeeze a squishy ball or hold my parent's hand
- Talk to my parent or child life specialist

## Teach-Back Questions:

Why do you need MRI pictures? \_\_\_\_\_

What is your job during the MRI? \_\_\_\_\_

What happens during the MRI? \_\_\_\_\_

# Decorate the MRI machine.

