

# MRI

## Preparation book



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# About This Book

This preparation book contains a series of photos showing the MRI experience step-by-step to help prepare you and your child for the MRI.

This book contains information about MRI sensory expectations, sequence of events, clearing common misconceptions and offers your child coping strategies to help them successfully complete the MRI.

## Disclaimer

Important note: Please read

The information provided in this document is for educational purposes only. It is not intended to replace the advice or instructions of a professional healthcare practitioner or to substitute medical care. Please contact a qualified health care practitioner if you have any questions concerning your child's care.

# What Is an MRI

MRI is a scan that has a special magnet inside that takes pictures of the inside of your body. The camera is inside the circle, which is open in the back, so it looks like a tunnel.

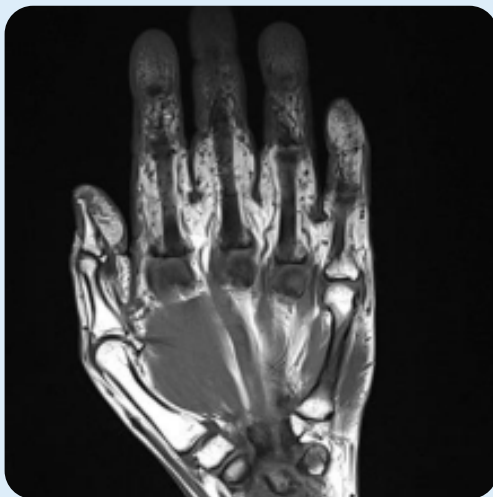


There is a bed in the middle of the tunnel. When it is time to take the pictures, the bed will slide into the tunnel. Some children and youth say it looks like a spaceship or a giant donut!



# A View of the Inside of Your Body

This is what MRI pictures can look like.  
Can you guess which body parts these are?





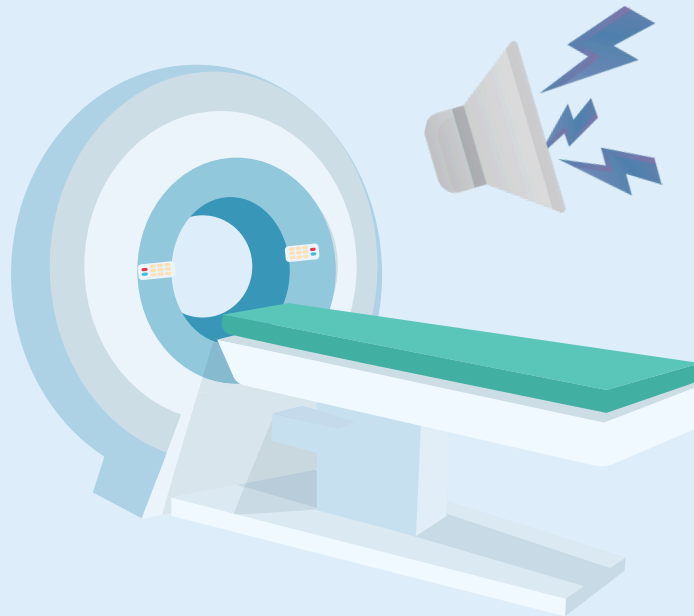
# MRI Sample Sounds

\*Click on the title to hear the sound of an MRI scan or follow this link\*  
<https://www.youtube.com/watch?v=O5hiFiFmV4k>



The camera makes loud noises while it takes pictures,  
but it never touches you.

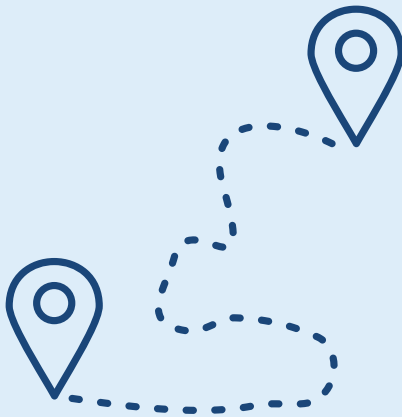
Some children and youth say these noises sound like knocking,  
loud buzzing, an alarm, or running shoes in the washing machine!



# Where Does the Adventure Begin?



When you arrive, you will go to the Medical Imaging department and register at the front desk.



# Take a Seat in the Waiting Room

Next, you will wait in the MRI waiting room.  
You will be asked to change into hospital pyjamas.



# Preparing for the MRI

Next, the technologist will come meet you in the waiting room.

The technologist has an important job: taking your pictures.

They will ask you and your parent/caregiver safety questions.



They will ask you to remove all your jewelry for safety reasons!





# Let's Practice!

Sometimes, the technologist will bring you into a room that has a pretend MRI.

This is like a toy MRI, that you can practice with before going into the real one. You will see how it works, and hear the MRI noises.



# What Is Contrast?

Sometimes you will need something called contrast. This is a special liquid that helps the pictures be brighter, so that the doctor can see the inside of your body better.

If you need this special liquid, it will be given through an IV, which is a small, plastic straw that goes inside your vein.



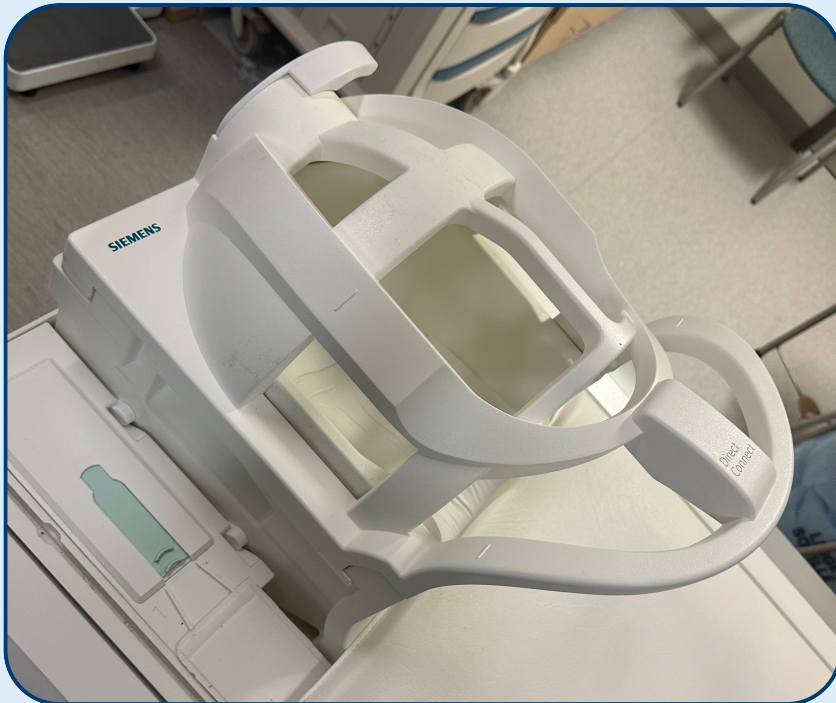
This is where you would get your IV if you need one!



# Wearing Special Equipment!

They will also give you earplugs so that the noises are quieter. Depending on which part of the body you need to take pictures of, you may need other equipment.

For example, if they need to take pictures of your head, you may need to wear a special helmet like this one.



# Different Steps of an MRI

Now you are ready to enter the MRI room. Your parent/caregiver may be allowed to come into the room with you. They will be next to you, at the end of the bed during your scan.

Once you are lying on the bed, the technologist will put a seatbelt on to help you stay in the same position.

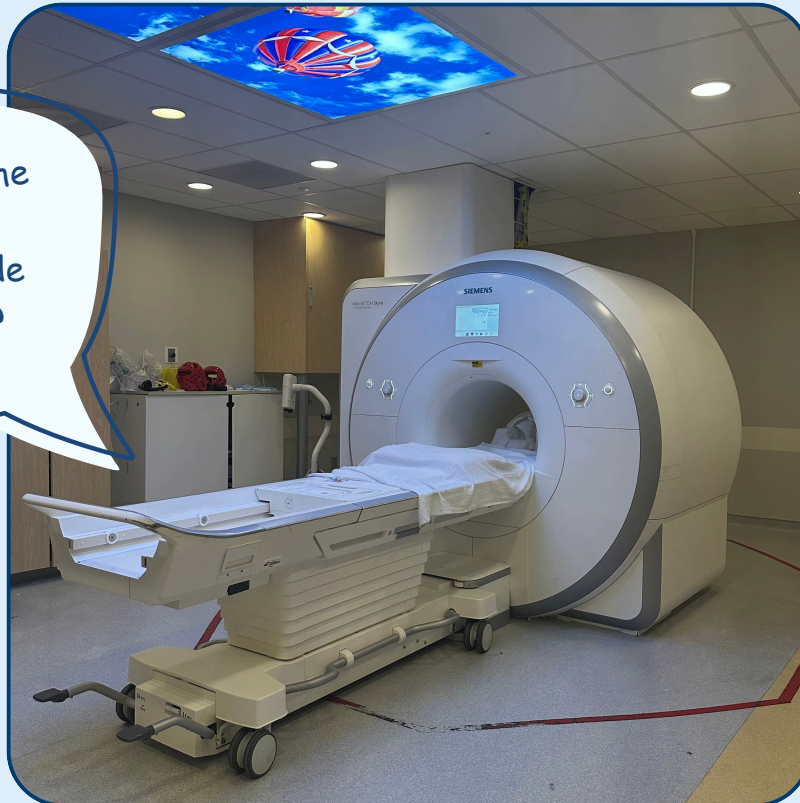


# Different Steps of an MRI

You will feel the bed slowly slide into the tunnel. You are now ready to take the pictures.

This is when you will start to hear the noises and clicking sounds.

Can you see the bed that is halfway inside the tunnel?





# Different Steps of an MRI

The technologist will be right outside the MRI room. They can see you through the window and talk to you with a microphone.

They may ask you questions, you can answer them out loud and they will be able to hear you.



# You Are All Done!

When your MRI is finished, the technologist will help you off the bed. Well done!



# MRI Facts Sheet

## What does MRI stand for?

It means Magnetic Resonance Imaging.

## How does it take pictures?

It uses magnets to take detailed pictures of the inside of your body!



## Why do I need one?

The doctor wants to see detailed pictures of a part of your body.

## Does the MRI hurt?

No. The MRI makes loud noises, but it never touches you.

## What is my job during the MRI?

Your most important job is to keep your body very still so that your doctor can get clear pictures.





# Coping Strategies

Coping strategies are ways we can help ourselves feel better when we're doing something that is hard. They can also help distract us, or change our focus onto something more positive.

Just like we need tools to build things or solve puzzles, we have tools inside us that we can use to handle tough situations and feelings.



# Coping Strategies Ideas

Take slow **deep breaths** - in & out - while remembering to keep your body very still!



Some MRI machines have a small screen that you can **watch something** on. You can ask if this option is available!

**Think about your favorite place to be.**  
Imagine you are at this place.  
What do you see? Hear? Touch? Taste? Smell?

