

# Having an MRI with anesthesia

## How to best prepare your child



**Texas Children's  
Hospital®**

# PREPARING FOR YOUR APPOINTMENT

Your child has been scheduled for an MRI with anesthesia. Please review and complete all of the details below to ensure you and your child are fully prepared.

I. Fill in the appointment details below:

MRI date \_\_\_\_\_

Physician \_\_\_\_\_

Arrival time \_\_\_\_\_

*Please note that arrival time is 90 minutes prior to the appointment time.*

**Please call 832-TC4-XRAY (832-824-9729) if our scheduling team has not reached out to you within 48 hours of your physician placing the order for your child's MRI.**

2. Select the exact location of your child's appointment:

_____ West Tower 6621 Fannin St. (1st Floor)	_____ Pavilion for Women 6651 Main St. (5th Floor; South Tower)	_____ West Campus 18200 Katy Frwy. (2nd Floor)
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3. Follow these parking instructions upon arrival at the hospital:

## **Texas Children's Hospital (in the Texas Medical Center)**

Please let Texas Children's Hospital Valet Services park your car. Your valet parking will be validated (free of charge) for the day of your MRI only. Information concerning nearby parking garages and rates for subsequent days are available online at [texasmedicalcenter.org/parking](http://texasmedicalcenter.org/parking).

## **West Campus (in Katy)**

Parking at the West Campus is self-park and is free of charge for all patients.

4. Have your child follow these eating and drinking instructions:

- Your child can have food up to 8 hours prior to your arrival time.
- Your child can have milk, formula and food thickener up to 6 hours before your arrival time.
- Your child can have breast milk up to 4 hours before your arrival time.
- Your child can have clear liquids up to 2 hours before your arrival time. Examples of clear liquids include water, Pedialyte, Sprite, 7-Up or apple juice. Please, no orange juice.
- Continue taking all prescribed medications with only a small sip of water (if needed) prior to arrival time unless otherwise specified.

**Please note, if these eating and drinking instructions are not followed, the MRI may be rescheduled or cancelled, as food or drink too close to anesthesia can endanger your child.**

# WHAT TO KNOW BEFORE YOUR APPOINTMENT

Your child's safety is our most important focus, and to ensure that he or she is scheduled at the right time and with the proper level of support, the following questions will be asked by our scheduling group.

Please have responses prepared when scheduling your child's appointment.

**If you answer YES to any of the questions below, please contact Radiology Nursing at 832-822-5375.**

1. Does your child have any metal or vagus nerve stimulators (VNS) in his or her body? Y N
2. Does your child have a programmable shunt? Y N  
If so, what type? \_\_\_\_\_
3. Does your child have lung problems, breathing disorders or swallowing difficulties? Examples include sleep apnea or chronic congestion. Y N
4. Does your child have any special needs such as oxygen, a wheelchair, BiPAP, CPAP, G-tube, etc.? Y N
5. Does your child have any cardiac (heart) issues? Y N  
If so, does this affect their activities? Y N  
Please note that heart murmurs described as "innocent" by a doctor are okay for sedation.
6. Has your child ever seen or been referred to a cardiologist (heart doctor)? Y N  
If so, have they already been seen or will they be seen at a later date?  
\_\_\_\_\_  
Is the cardiologist with Texas Children's Hospital or another clinic?  
\_\_\_\_\_
7. Does your child have a complex medical condition such as a genetic or metabolic disorder such as Down syndrome? Y N
8. Has your child ever had intravenous contrast in which he or she experienced any allergic type symptoms such as sneezing, itching, hives, rash, wheezing or difficulty breathing? Y N
9. Does your child have a history of kidney disease? Y N
10. If your child has had an MRI performed at Texas Children's Hospital before, was anesthesia/sedation used? Y N
11. Does your child have any of the following:

<input type="checkbox"/> Pacemaker or artificial heart valve	<input type="checkbox"/> Ear implants
<input type="checkbox"/> Metal plates, pins or implants	<input type="checkbox"/> Electrical devices (vagal nerve stimulator or baclofen pump)
<input type="checkbox"/> Dental appliances (spacers or retainers)	<input type="checkbox"/> Shunt

# WHAT TO EXPECT AT YOUR APPOINTMENT

## About the scan

MRI stands for Magnetic Resonance Imaging. The MRI uses a large magnet to take pictures of the inside of your child's body. The MRI does not use radiation and has few known side effects.

Your child will be positioned on the MRI table according to what type of scan he or she will have. Once positioned, the table will move inside the scanner's tunnel. The scanner is open on both ends; it may feel close, but it will not touch your child. The scanner makes loud noises while it is taking pictures. It may sound like a shoe in the dryer or maybe a loud beeping noise. Your child will be given ear plugs and headphones to reduce the machine noise. Watch our video about preparing for an MRI at [texaschildrens.org/mriprep](https://texaschildrens.org/mriprep).

Children are required to lie still inside the MRI scanner for the duration of the exam. Depending on the exam ordered, this can be anywhere from 30 minutes to three hours. Any movement can make the picture blurry. Because your child is receiving anesthesia, you will be allowed to accompany your child until they fall asleep. You will then be asked to return to the waiting room for the duration of the exam.

## Anesthesia and the IV

Your child will need an IV as part of the requirement for anesthesia, and potentially for the administration of contrast. Contrast is a special medicine that helps certain body parts show up better on the scan. An IV is a tiny tube that is used to give the body medicine. Your child might feel a pinch or a poke when it goes in the vein, however we have ways to manage the pain associated with it.

Some children as young as 6 years old may be able to hold still with the proper preparation. Per anesthesia policy, girls 6 years and above and boys 8 years and above (who are developmentally typical) will be scheduled without sedation. If your child has had an MRI without sedation, or if you believe your child can do the procedure without sedation, please contact Radiology Nursing at 832-822-5375 to discuss the potential of changing this to an MRI procedure without sedation, as we prefer to avoid additional medications whenever possible.

## Patient safety

Our MRI and Anesthesia teams are committed to the safety of our patients and family members. You will be required to fill out an MRI Safety Screening Sheet for your child prior to his or her entry into the MRI area. If you have any questions or need help with this MRI Safety Screening Sheet, please ask for assistance. Both the nurse and the technologist will review this sheet with you before the MRI procedure begins.

Items such as jewelry, keys, credit cards and electronics cannot be brought into the MRI room. Certain medical implanted devices cannot enter the MRI room. **Please inform our staff immediately if your child has an implanted medical device.** Bring with you any and all information you have about the medically implanted device.

# AFTER YOUR APPOINTMENT

## **What to expect**

If your child received anesthesia, he or she may be sleepy and unsteady from the anesthetic for several hours. Your child may have a red face or be slightly swollen around the face and eyes, but should better within 24 hours.

Your child may wake up feeling hungry. When he or she is wide awake, the recovery nurse will give clear liquids such as Pedialyte, apple juice, Sprite or water. If your child does not throw up during the next 30 minutes, he or she can eat normally.

## **Activity level**

To prevent accidents, closely monitor your child for the next 24-48 hours. Walk with your child, holding hands even if he or she seems to walk without trouble. It is also important to help your child in the bathroom.

The sedative and the test may disrupt your child's routine. You may notice a change of behavior for the rest of the day. Some children may become cranky. Some children sleep for hours. Others need to stay up late because of the time they slept during the test. Try to be patient. Things will be back to normal the next day.

## **When to seek help**

Call 911 or if your child has difficulty breathing and looks very pale or has blue lips or nails or a very high fever (greater than 103°F).

Call your pediatrician if your child throws up more than three times, seems confused or dizzy the next day, is harder to wake up than usual, has a sore throat that gets worse or doesn't go away in two days, has a fever of over 101°F for more than 24 hours or develops any allergies such as hives, itching or rash.

## **Receiving the results of your MRI**

Call your physician for a follow up appointment as instructed. You can also call your ordering physician for results 24 to 48 hours after the test.

We hope you are now fully prepared to have a positive experience during your upcoming MRI.

If you have any additional questions or concerns, please don't hesitate to call Radiology Nursing at 832-822-5375.

**Texas Children's Hospital Main Campus**



Documents to assist you in finding your way to your appointment location are available for download at [texaschildrens.org/radiology](http://texaschildrens.org/radiology) under the “Your Visit” tab, or visit [texasmedicalcenter.org/parking](http://texasmedicalcenter.org/parking).

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