

Having an MRI:

How to best prepare your child



**Texas Children's
Hospital®**

PREPARING FOR YOUR APPOINTMENT

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

1. 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:

- | | | | |
|--|--|--|---|
| <input type="checkbox"/> West Tower
6621 Fannin St.
(1st Floor) | <input type="checkbox"/> Pavilion for Women
6651 Main St.
(5th Floor, S. Tower) | <input type="checkbox"/> West Campus
18200 Katy Frwy.
(2nd Floor) | <input type="checkbox"/> The Woodlands
17600 Interstate 45
(1st Floor) |
|--|--|--|---|

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 tmc.edu/contact/visitor-parking.

Texas Children's Hospital West Campus

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

Texas Children's Hospital The Woodlands

Parking at The Woodlands Campus is self-park and is free of charge for all patients.

4. If your child is having anesthesia, 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 EXPECT AT YOUR APPOINTMENT

About the scan

MRI stands for Magnetic Resonance Imaging. MRI uses a large magnet to take pictures of the inside of your child's body. It 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.

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. If 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 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 medically 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.

REQUIRED MAGNETIC RESONANCE (MR) PROCEDURE SCREENING FORM

Date ____ / ____ / ____

Name _____ Age ____

Has patient eaten in the past 6 hours? No Yes If yes, what? _____ Time: _____

1. Have you had prior surgery or an operation of any kind? No Yes

Type of surgery _____

Type of surgery _____

2. Have you experienced any problem related to a previous MRI procedure? No Yes

3. Have you ever been injured by a metallic object or foreign object? No Yes

Warning: Certain implants, devices, or objects may be hazardous to you and/or may interfere with the MRI procedure. Do not enter the MR system room or MR environment if you have any question or concern regarding an implant, device, or object. Consult the MR Technologist or Radiologist *BEFORE* entering the MR system room. The MR **Magnet is ALWAYS On.**

Yes	No	
		Cardiac Pacemaker
		Implanted cardioverter defibrillator (ICD)
		Heart Valve
		Brain Surgery Clips/Aneurysm Clips
		Carotid Artery Clips
		Vascular Clamps
		Intravascular coil, filter or stent
		Thermodilution Swan-Ganz catheter
		Shunt Type:
		Electronic implant or device
		Magnetically-activated implant or device
		Neurostimulation system (TENS)
		Spinal cord stimulator
		Internal or external electrodes or wires/ECG leads
		Bone growth/bone fusion stimulator
		Tissue expander
		Insulin or other infusion pump
		Wire sutures
		Ear Surgery
		Hearing aid (Remove before entering MR room)
		Cochlear, otologic, or other ear implant
		Tracheotomy
		Transdermal patches/medication patches

Yes	No	
		Weighted NG Tube
		Temperature probe
		Leg braces
		Any type of prosthesis
		Joint replacement
		Bone/joint pin, screw, nail, wire, plate, etc
		Surgical staples, clips or metallic sutures
		Body piercing
		Tattoo or permanent makeup
		Dental work
		Injury from metal object/foreign body (bullet, BB, shrapnel, etc)
		Injury from metal object in your eye (metal slivers, metal shavings, etc)
		Jewelry or metal items on you or your clothing
		Kidney disease
		Sickle Cell Anemia
		Hepatitis
		Females only
		IUD
		Pregnant or possibility of pregnancy
		Breast Feeding

Signature: _____ Relationship to Patient: _____ Date: _____

Examples of items that should not be taken into the scan room: Glasses, Jewelry, Hearing Aid, Cell phone, PDA, Pocket Knife, Watch, Pens/Pencils, Keys/Coins, Hairpins, Wallet/Money clip, Credit/Debit Cards

Staff Screening individual prior to MR Suite entry: _____

RN Staff Screening prior to sedation/iv starts: _____

MR Technologist Screening prior to MR Scan room entry: _____

(sign and date)



MAGNETIC RESONANCE (MR) PROCEDURE SCREENING

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 be 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**.

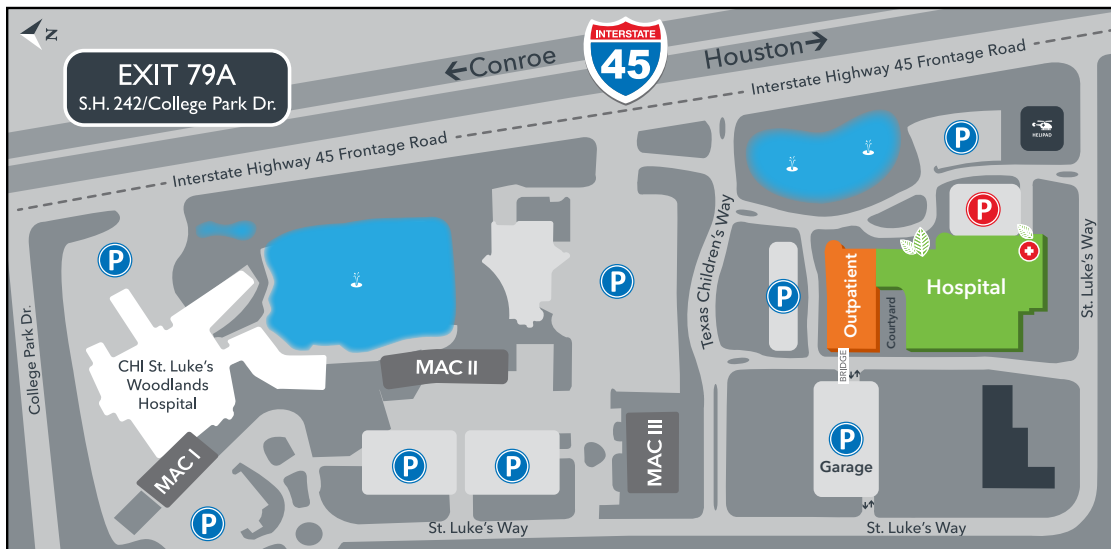
Texas Children's Hospital Main Campus



Texas Children's Hospital West Campus



Texas Children's Hospital The Woodlands



Documents to assist you in finding your way to your appointment location are available for download at [texaschildrens.org/radiology](https://www.texaschildrens.org/radiology) under the "Your Visit" tab, or visit [tmc.edu/contact/visitor-parking](https://www.tmc.edu/contact/visitor-parking).



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