

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

3. Follow these parking instructions upon arrival at the hospital:

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

Information concerning nearby parking garages and rates for subsequent days are available online at [tmc.edu/contact/visitor-parking](https://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](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. 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	
<input type="checkbox"/>	<input type="checkbox"/>	Cardiac Pacemaker
<input type="checkbox"/>	<input type="checkbox"/>	Implanted cardioverter defibrillator (ICD)
<input type="checkbox"/>	<input type="checkbox"/>	Heart Valve
<input type="checkbox"/>	<input type="checkbox"/>	Brain Surgery Clips/Aneurysm Clips
<input type="checkbox"/>	<input type="checkbox"/>	Carotid Artery Clips
<input type="checkbox"/>	<input type="checkbox"/>	Vascular Clamps
<input type="checkbox"/>	<input type="checkbox"/>	Intravascular coil, filter or stent
<input type="checkbox"/>	<input type="checkbox"/>	Thermolulution Swan-Ganz catheter
<input type="checkbox"/>	<input type="checkbox"/>	Shunt Type: _____
<input type="checkbox"/>	<input type="checkbox"/>	Electronic implant or device
<input type="checkbox"/>	<input type="checkbox"/>	Magnetically-activated implant or device
<input type="checkbox"/>	<input type="checkbox"/>	Neurostimulation system (TENS)
<input type="checkbox"/>	<input type="checkbox"/>	Spinal cord stimulator
<input type="checkbox"/>	<input type="checkbox"/>	Internal or external electrodes or wires/ECG leads
<input type="checkbox"/>	<input type="checkbox"/>	Bone growth/bone fusion stimulator
<input type="checkbox"/>	<input type="checkbox"/>	Tissue expander
<input type="checkbox"/>	<input type="checkbox"/>	Insulin or other infusion pump
<input type="checkbox"/>	<input type="checkbox"/>	Wire sutures
<input type="checkbox"/>	<input type="checkbox"/>	Ear Surgery
<input type="checkbox"/>	<input type="checkbox"/>	Hearing aid (Remove before entering MR room)
<input type="checkbox"/>	<input type="checkbox"/>	Cochlear, otologic, or other ear implant
<input type="checkbox"/>	<input type="checkbox"/>	Tracheotomy
<input type="checkbox"/>	<input type="checkbox"/>	Transdermal patches/medication patches

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

Texas Children's Hospital  
www.texaschildrenshospital.org

DIS-1890

01/05

PATIENT I.D. LABEL

## 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



## 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://texaschildrens.org/radiology) under the "Your Visit" tab, or visit [tmc.edu/contact/visitor-parking](https://tmc.edu/contact/visitor-parking).

