

# Getting an MRI/MRA Scan of the Chest or Abdomen

(Magnetic Resonance Imaging)  
Photo Preparation Book



This is the Radiology Waiting Room. There are a lot of fun things to do in this room while you wait!

The people in this room are waiting for pictures called X-rays, Ultrasounds, CT scans, or MRI's (just like you!)



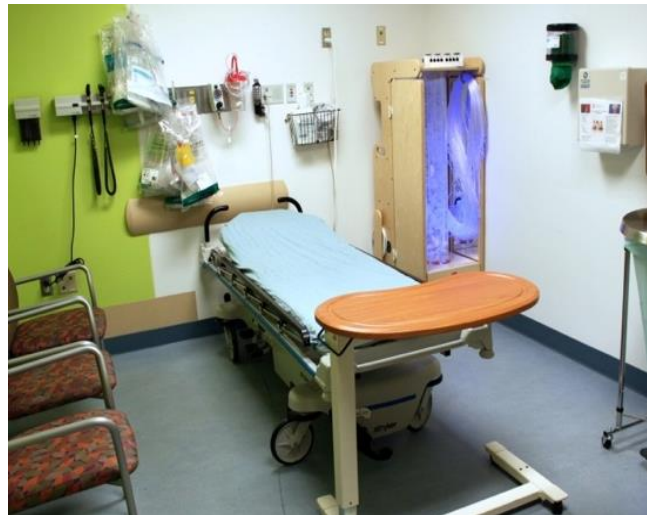
Next, you will go to one of the registration desks. The patient services representative will let the technologists and nurses know that you are here.



You will also get a special bracelet that tells everyone who you are. Then you will go back to the waiting room.



Next, a nurse or PCT (Patient Care Technician) will walk you from the waiting room to your very own “get ready” room. On the way, you will get to see how much you weigh and how tall you are!



Then, the nurse will ask you and the grown-up you brought with you some questions so they can get to know you better!



The MRI camera uses a very strong magnet to take pictures of the inside of your body. The camera is inside the circle (or tunnel).

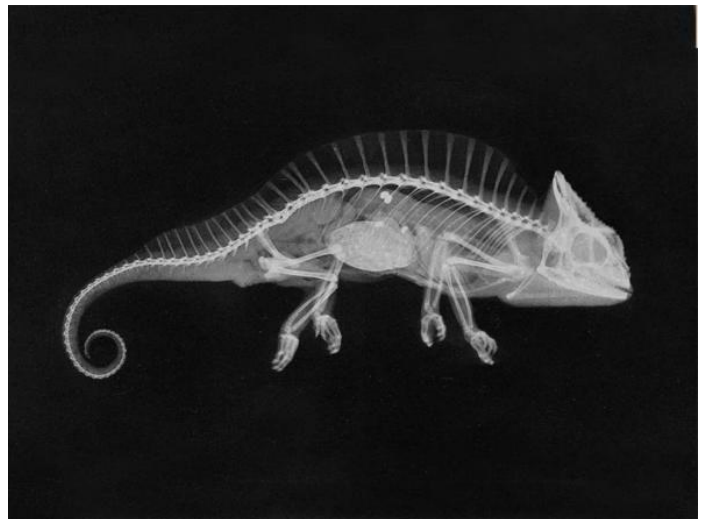
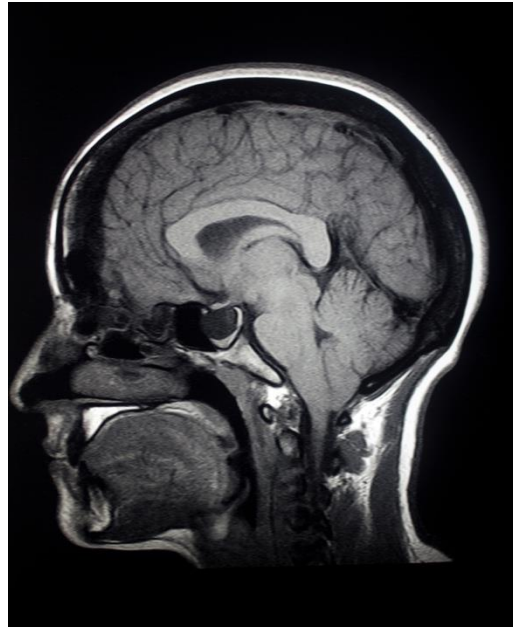


The camera makes noise as it takes your picture, but it does not touch you!

You can ask your nurse what the noises sound like!

Some kids say it sounds like a dog barking, a train, robots beeping or construction.

This is what an actual MRI  
picture looks like:



Can you guess which parts of  
the body they show?



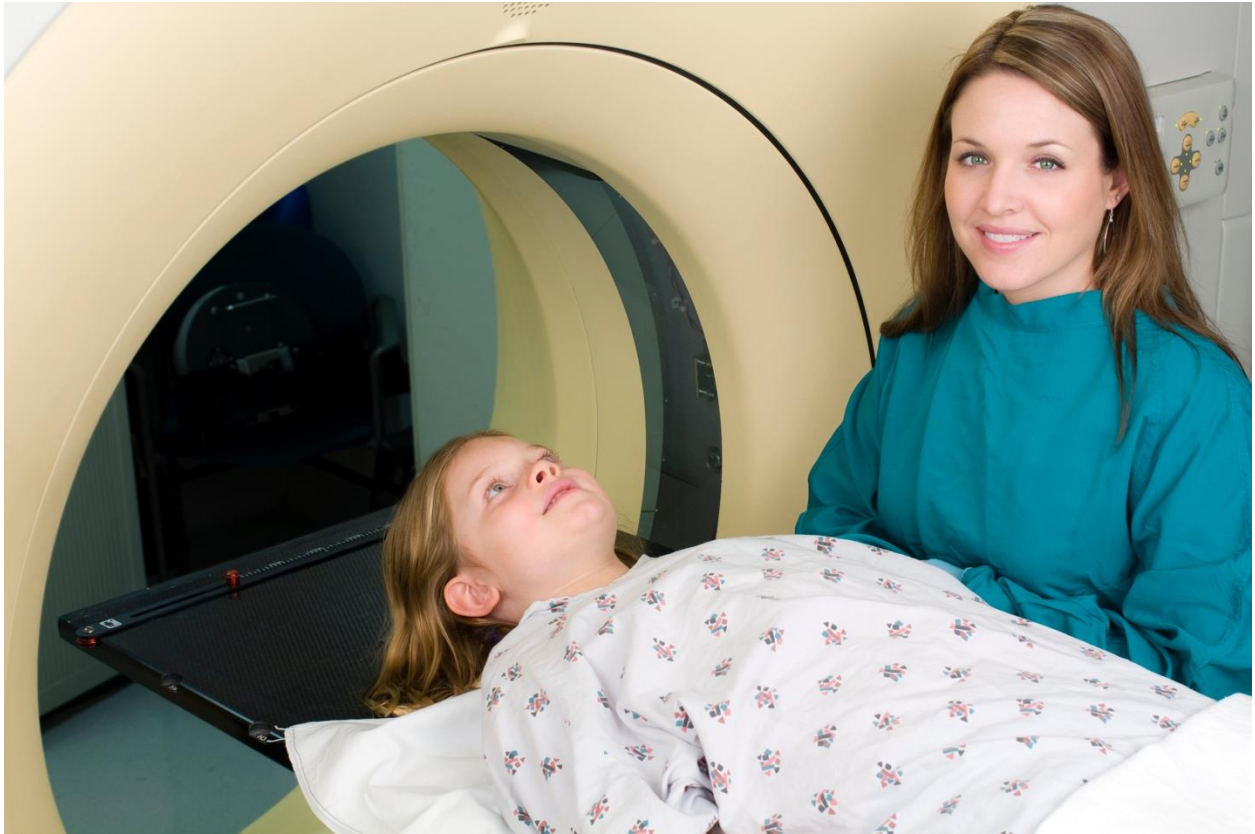


Before get your pictures taken your nurse will ask you (and the grown-up you brought with you) to take off anything that has metal on or in it.

You will need to change out of your clothes and into hospital pajamas and underwear.



Your things can be kept safe and secure in a locker while you get your pictures taken, and you will get to change back into your clothes when your pictures are all done.



Your most important job while you are getting your pictures taken, is to **STAY REALLY, REALLY STILL!!**

While you are getting your pictures taken you will have a seatbelt on to help remind you to stay still.

We understand it is hard to stay still  
sometimes! To help, you can...



Squeeze a stress ball!



Watch and Listen to a  
movie of your choice!

Part way through your pictures you will need to hold your breath 3 times for 10-15 seconds.

A voice will speak to you through your headphones to tell you to ***“Hold your breath”*** and then again to



Let's practice now.

***Hold your breath***

1-2-3-4-5-6-7-8-9-10

***Breathe!***

Sometimes, the doctors need parts of your pictures to be very clear and bright.

Contrast is a liquid we can put into your body that lights up on the picture.

Can you tell which of these pictures is with contrast?



Ask your nurse if you need contrast today!

\*\*If you don't, skip this part of the book

The contrast goes into your veins to get to the part of your body we need a picture of.

Veins are the blue lines under your skin that carry blood through your body.

An IV or special straw is a tiny flexible tube that a nurse places into your vein.



We understand that IV's can make you feel nervous.  
Let's make a **Coping Plan** to help!

Ask your nurse about:

- Child Life Specialist
- Freezy Spray
- LMX (numbing cream)
- Nitrous Oxide (laughing air)
- Buzzy Bee
- Comfort Positioning

Decide if you want to:

- Watch or look away
- Count 1-2-3 or not
- Sit on someone's lap or by yourself
- Take a deep breath
- Play a game
- Anything else that might help





# Additional Support

If your child has any special needs or health issues you feel the doctor needs to know about, please call the Department of Pediatric Radiology at Children's to speak with a technologist or Child Life Specialist before the test. (412) 692-5512.

It is important to notify us in advance about any special needs.

Preparing your child beforehand, as well as comforting your child during the test, will help your child have a more positive experience.

Sometimes it is difficult to know how to explain tests to children. These preparation books have been created to help you and your child feel as prepared as possible.

If you feel that your child will have difficulty during the test or needs a more developmentally appropriate explanation prior to their visit, please call the Department of Pediatric Radiology's Child Life Specialist (412) 692- 9532.