

# MRI with Sedation Preparation Book

NorthShore Child Life Department



**This preparation book contains a series of photos that will help prepare you and your child for their upcoming MRI experience.**

**This book contains information regarding general anesthesia, sensory expectations, sequence of events, clearing common misconceptions and will offer your child coping strategies to help them successfully complete their MRI.**

**If you have any questions or your child needs additional support, please contact our child life team at 847-570-2831.**

**Katelyn Beyer, CCLS  
Coordinator of Child Life Services**

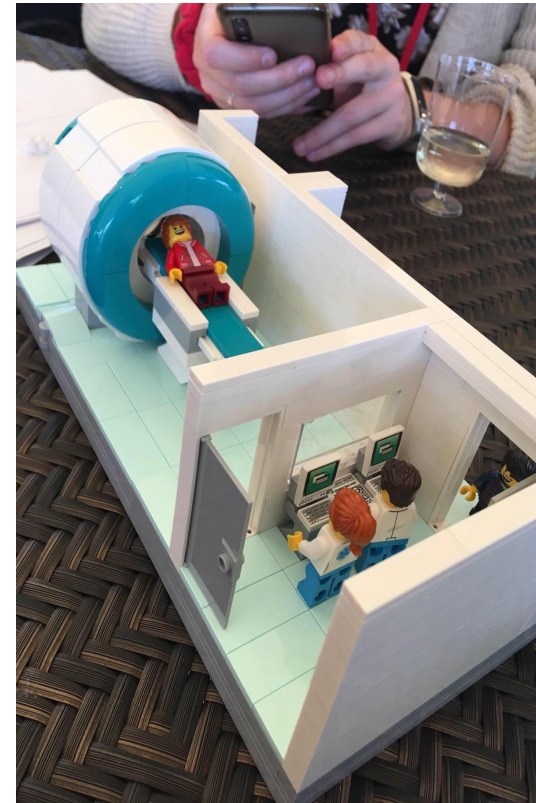


**Today we are going  
to learn more  
about what an  
“MRI” scan is.**

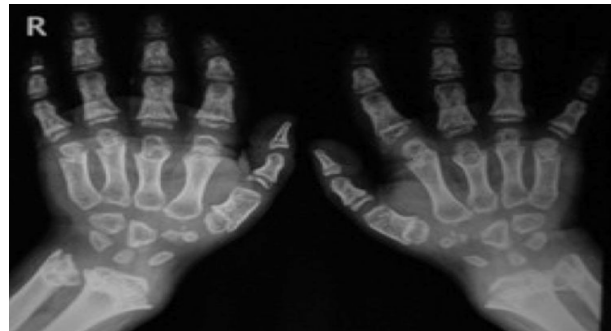
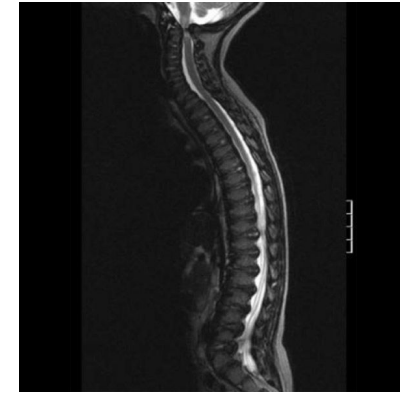
Have you ever heard of an “MRI” before?

If not, don't worry, we will help you learn more about it in the pictures!

- **What does “MRI” stand for?**
  - “MRI” stands for Magnetic Resonance Imaging.
- **How does an MRI take pictures?**
  - An MRI uses a large magnet, radio waves and computers to take pictures of the inside of your body.
- **Does the MRI machine hurt me?**
  - The MRI machine NEVER touches or hurts you.
- **Why do I need an MRI?**
  - The doctor may want to take pictures of a part of your body to help see what might be making you feel sick, bad, or hurt, etc.
- **What is my job during the MRI?**
  - Your most important job is to take deep breaths.



Do you know  
what **part of  
your body** you  
are getting  
pictures?



✕ ■ ■

# Did you know you will be asleep for your MRI today?

Have you ever heard of a special medicine called “**ANESTHESIA?**”

- **Anesthesia sleep medicine** helps your body fall asleep and stay still during your MRI.
- Your **ONLY JOB** is to breathe into a soft, strawberry/bubblegum mask.





When you arrive to the hospital, you will check into a room on our Pediatric/Adolescent Unit.

- Once you get to your room, a nurse will give you and your parent/caregiver a name bracelet, take your temperature, and check your height and weight.
- If you have time before your MRI, you can visit our playroom/activity room.





Next, you will meet someone from our **Transport Team** who will take you for a ride on a wheelchair to the “**Meet and Greet**”/MRI Waiting room.

\*You will also get special hospital pajamas to change into for your MRI!



Did you bring a stuffed animal or blanket with you today? Bring that with you too!







In the “Meet and Greet” room, you will meet the Anesthesia “Sleep” Team and MRI Tech “Picture” Team. If possible, a child life specialist will be there with you, too!

They will go over a list of safety questions and answer any special questions before your MRI scan.

Do you have any questions for them?

*\*You may choose to play on an iPad, VR or play a game while you are waiting in this room.*

Then, you will go to a **procedure room** to fall asleep.

- You will lay on this bed, put stickers on your chest, arm and finger that help us listen to your body while you are asleep. These stickers don't hurt!
- Then, the doctor will help give your body the **anesthesia medicine**.
- Remember, your **ONLY JOB** is to take deep breaths into the scented mask.
- You can also **choose** to play a game on iPad, watch virtual reality, or take deep breaths while you fall asleep!



# After your MRI scan, it is time to wake-up!



You will wake up in the wake-up/recovery area and be reunited with your parent and/or caregiver.

There is also a special nurse there to make sure you are feeling safe and comfortable.



Next, you will return to your room and enjoy a popsicle and snack.



Then, home!

