

What to Expect:

Your Visit to the Radiology Department



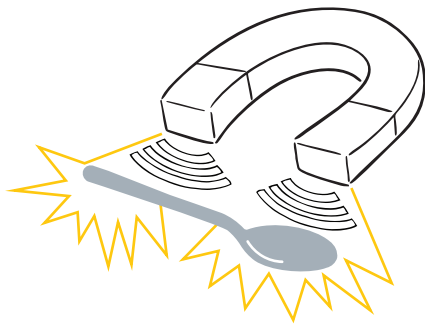
Child Life Services

Child Life Services creates opportunities for children, teens and families to play, learn, and discover every day at UCSF Benioff Children's Hospital.

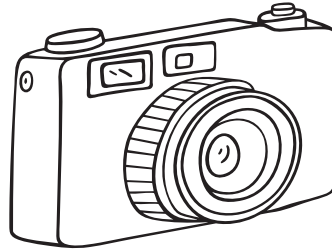
Radiology Child Life Specialists
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MRI – What is it?

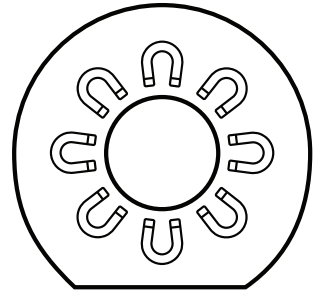
MRI is a large camera, it takes pictures of the inside of your body.



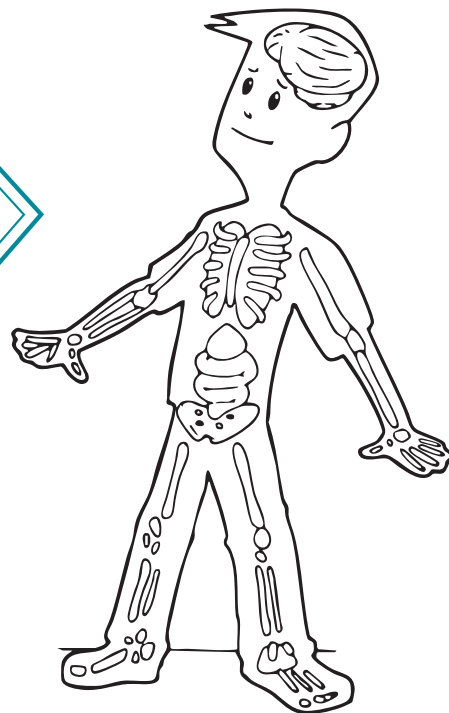
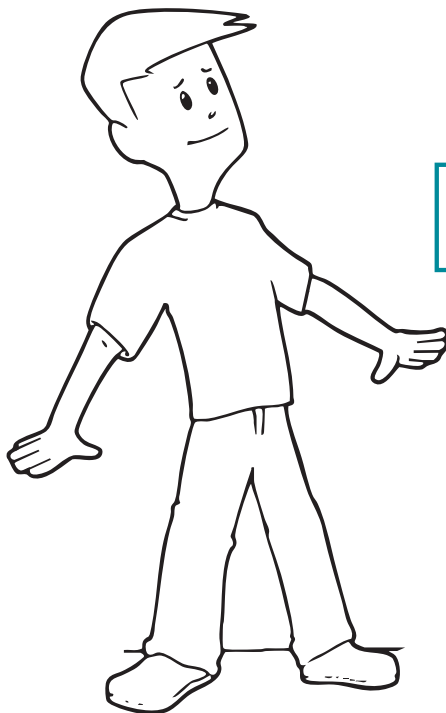
MAGNET



CAMERA



MRI



Quick Fact:

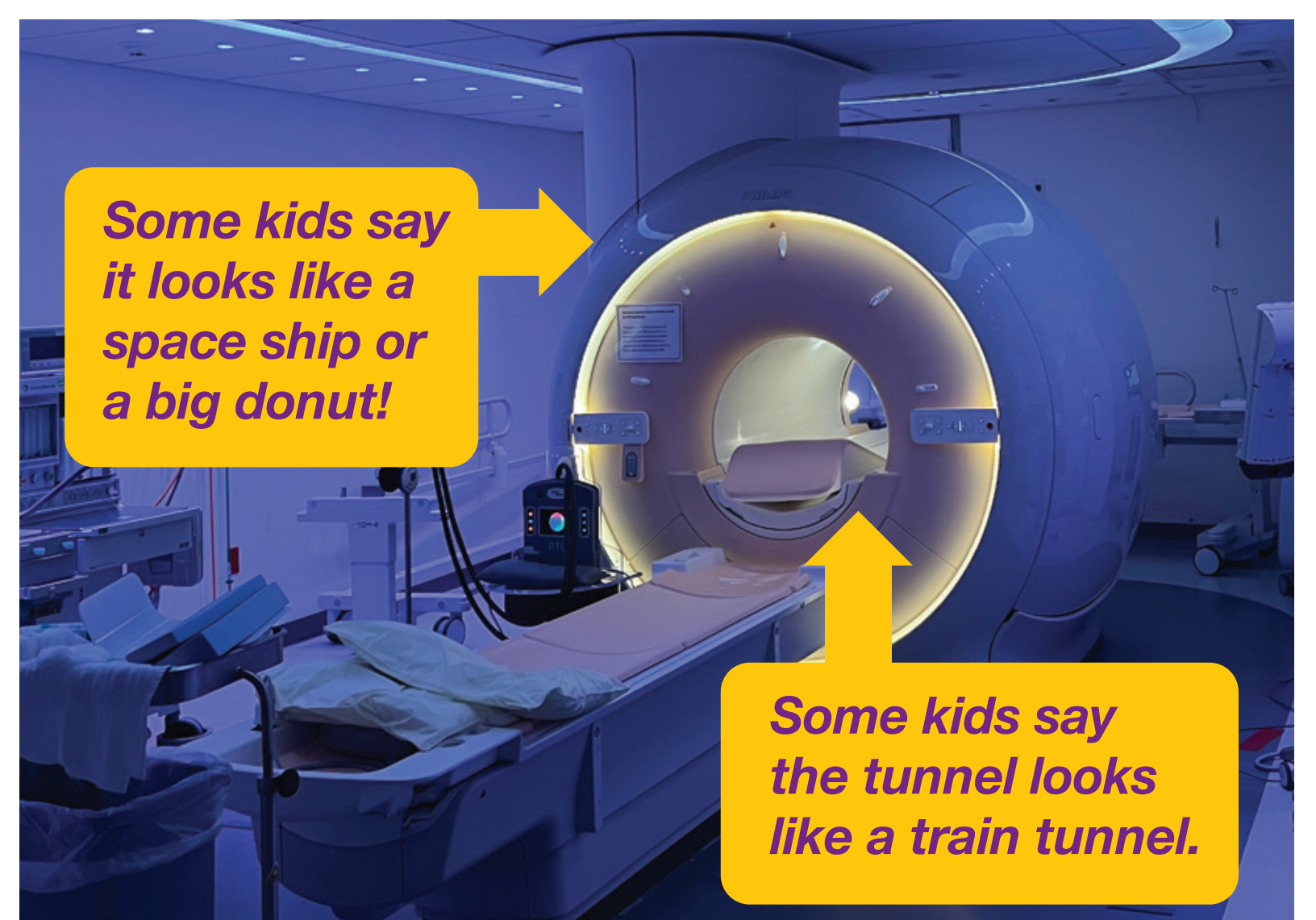
MRI stands for Magnetic Resonance Imaging

MRI – What is it?

It takes pictures, or images, by using a magnetic field and radio waves.

Doctors use these pictures to learn more about your body.





*Some kids say
it looks like a
space ship or
a big donut!*

*Some kids say
the tunnel looks
like a train tunnel.*

MRI – What Does It Look Like?

It looks like a big circle with a tunnel in the middle.

There is a bed in front of the camera, it moves up and down and in and out of the tunnel.

MRI – What Does It Look Like?

- At this hospital, some are decorated to look like a cable car or a boat.
- Another has lights in the room that change colors including dark blue, light blue, green, yellow, orange, red, pink, and rainbow.



MRI – What Does It Look Like?

- Take a ride on a cable car on **MRI 1!**



- You can pretend you are on a boat in the Bay on **MRI 2!**



- On **MRI 3** the lights can change colors. You can pick your favorite!



MRI – What Happens?

- You will lie on a bed, the tech (picture taker) might place a warm blanket over your body or put some cushions around your body.
- The bed will move up & down, and into the middle of the tunnel (camera). Nothing will touch your body in the tunnel.
- The MRI camera makes lots of loud noises when it is taking pictures. Some kids say it sounds like loud knocking and honking, it also makes some loud beeping and clicking sounds.



The tech will give you ear plugs and headphones to help with the noise.



MRI – What Happens?

- For an MRI scan, some kids need to have contrast.
- Contrast or picture medicine is a liquid that acts as a highlighter to help the doctor see the inside of your body more clearly.
- It helps highlight your tissues and organs. It does not hurt you. Some kids say the contrast makes the inside of their body feel cold.

You can tell your Child Life Specialist how it feels when it's your turn!

There are 3 ways kids can have contrast.

- Drinking (Oral contrast)
- I.V. (medicine straw)
- Or both



MRI – What Happens?

Oral Contrast

- Some children may need to drink a liquid called contrast before their scan. Contrast helps highlight the MRI pictures.
- If you need to drink contrast, you can choose from a few flavors (lemon-lime, raspberry, orange, and fruit punch, etc).
- Some MRI techs will have you lie on your side when drinking the contrast to help the picture water travel throughout your intestines.



MRI – What Happens?

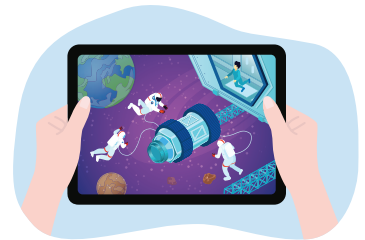
I.V. Contrast

Here are some things that can help make it easier!

- You can bring comfort items from home such as: some books, a stuffed animal, or a blanket.
- Squeeze a stress ball.
- Watch a show or play a game on our iPad.



Comfort Items



Movie/iPad

Numbing options:

- Your Child Life Specialist will help prepare you and explain your options when you arrive.
- Numbing medicines help you feel less.



Numbing Options



The nurse or radiology tech will remove the medicine straw (IV) and place a bandage over the site once the IV (medicine straw) is no longer needed.

MRI – What Happens?

You will be able to have a caregiver (someone you know well) stay in the room with you during your scan.

They can hold your hand or your feet to remind you that they are there.



MRI – What Happens?

MRI Coils

The tech may also place a small, plastic like cover over a part of your body or a helmet over your head. This is called a coil. It tells the camera where to take the pictures or where to focus.

Some coils will rest on your body while others will be over your body but not touch you. Some of them look like a turtle shell.

***The coils
do not hurt.***



MRI – What Happens?



*These photos show a **coil** telling the camera where to focus & take the pictures.*



photo courtesy of CinemaVision



MRI – What Happens?

You can also watch a movie through special movie goggles! (See movie list to pick ahead of time).

Or you can listen to music through the headphones.



photos courtesy of CinemaVision



You can also pick a movie at the hospital or bring a favorite one from home.



Remember: *Blue-ray DVDs DO NOT* work in our DVD players.

MRI – Your Job

Your job is to keep your body really still.

Sometimes the tech will have you hold your breath, take deep breaths, and blow air out for some pictures. They will give you directions and your job is to follow along.



You can practice by playing a *‘still as a statue’* game or a *‘freeze’* game.

MRI – How Long Will It Take?



Typically, MRIs take 30-45 minutes or the time it takes to watch 1 or 2 TV shows. Usually, it is not as long as your movie, the MRI pictures will finish before the movie.

You can ask the MRI tech (picture taker) how long it will take when you arrive.

Some are a little longer

Some are a little shorter



Tips from Other Kids

- Practice lying still at home
- Listen to the MRI noises in advance
 - *What do they sound like to you?*
- Look at pictures of the MRI cameras
- Think about what might help you stay still
 - *Some kids like to count, take deep breaths, squeeze a stress ball, or hold someone's hand.*
- Ask questions!
 - *Let us know if you are curious and want to know something more about your scan.*
 - *Print out the next page with your questions or make your own list.*



Questions I have before my MRI

1.

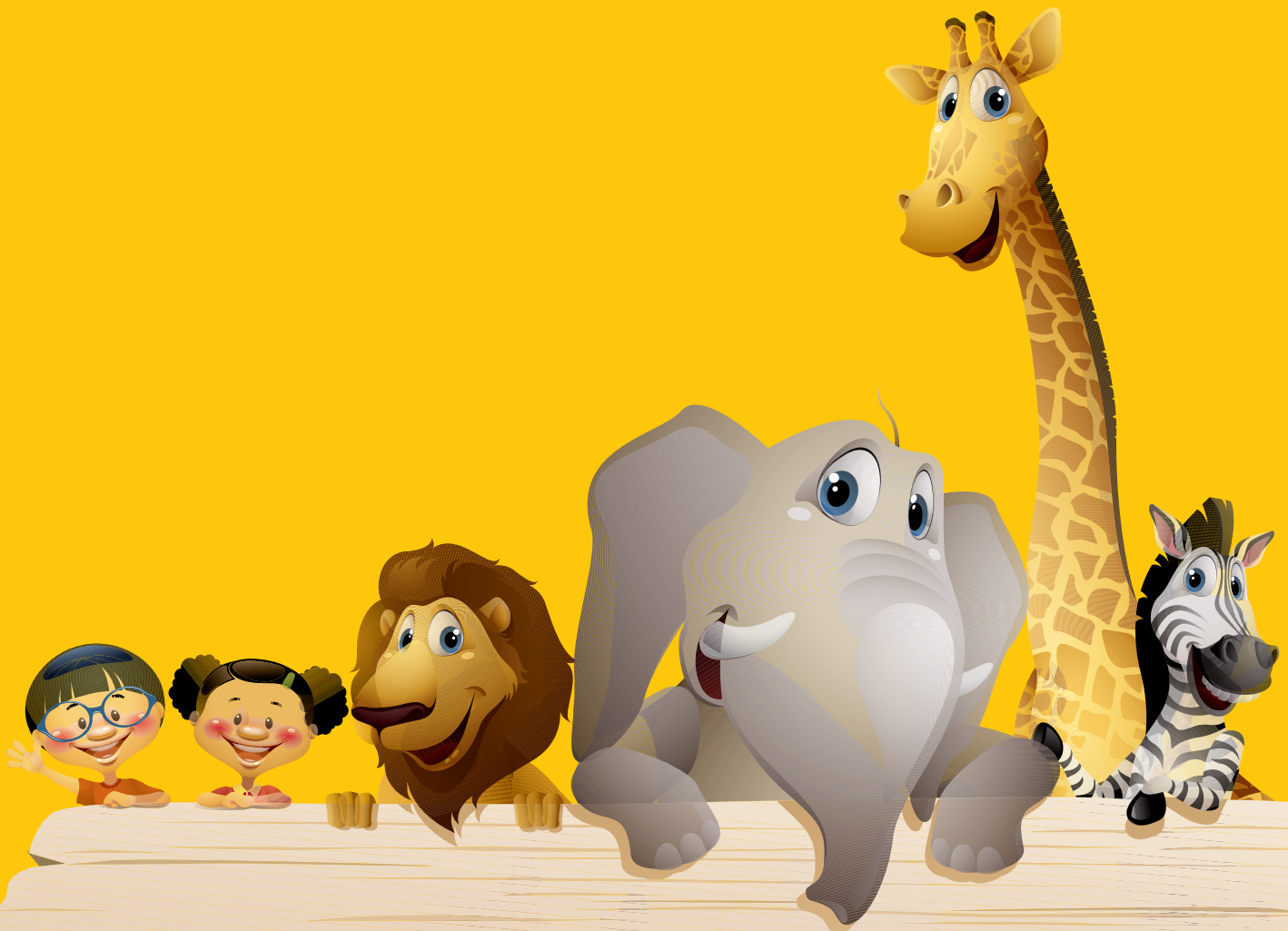
2.

3.

4.

5.





You Are Ready!

We look forward to seeing
you for your MRI!

See you soon!

The first part of the paper discusses the importance of the research and the objectives of the study. It then presents a literature review of the existing research on the topic. The second part of the paper describes the methodology used in the study, including the data collection and analysis techniques. The third part of the paper presents the results of the study, and the fourth part discusses the conclusions and implications of the findings.

The study was conducted using a quantitative research design. Data was collected from a sample of 100 participants, and the results were analyzed using statistical methods. The findings of the study indicate that there is a significant relationship between the variables being studied.

The results of the study suggest that the research has important implications for the field. Further research is needed to explore the relationship between the variables in more detail.

In conclusion, the study has provided valuable insights into the topic and has contributed to the existing body of knowledge. The findings have important implications for the field and suggest that further research is needed.