



# MRI with Anesthesia

This is a book about getting an MRI, which takes pictures of the inside of your body.  
You will go to Phoenix Children's for your MRI.



It is important not to eat or drink anything before you come to the hospital for your MRI. Do you know why? Because anesthesia – sleep medicine – works best when your stomach is empty.



When you come inside the building, someone at the check-in desk will ask your grownup questions and show you how to get to the Radiology area.



When you get to Radiology, your grownup will use a tablet to check you in and tell the staff that you are here. You can bring a toy from home to play with while you wait.

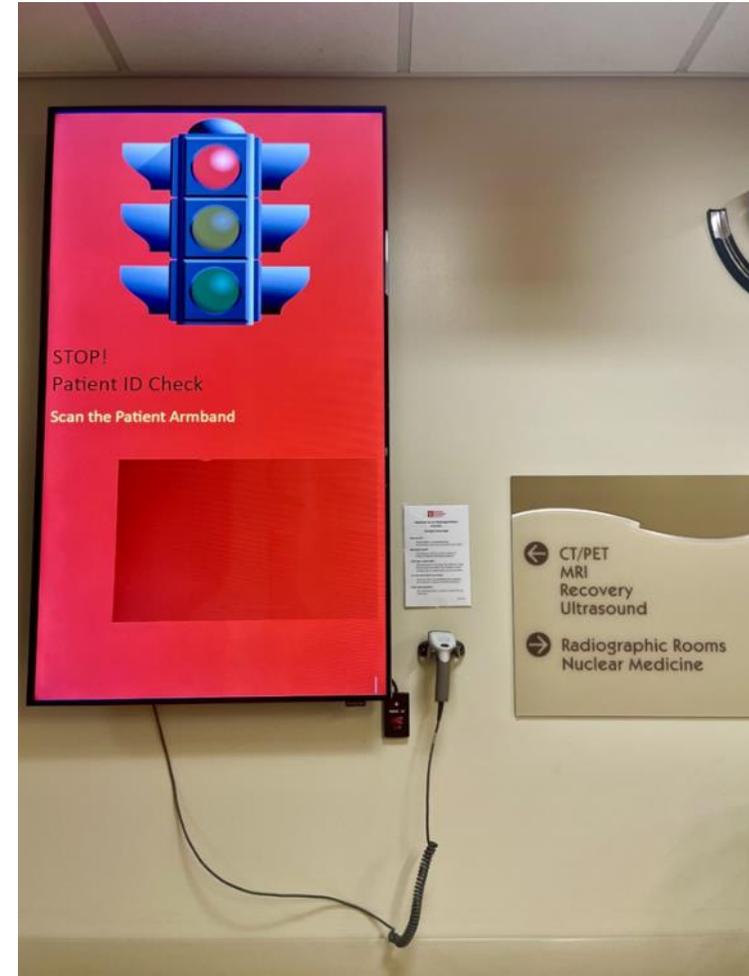


The first time your name is called, you and your grownup will go to the check-in desk and get a bracelet with your name and birthday on it. Then you will go back to your spot to wait for your name to be called again.



When they are ready to do your MRI, staff will call your name again and bring you to a stoplight screen to check your bracelet.

When the stoplight turns green, follow the leader to the next place!



The staff will ask you to stand up straight to check your height. Then you will stand on a scale to see how much you weigh. They will also measure your temperature using a thermometer that lightly swipes across your forehead.



You will wear hospital clothes for your MRI. We will give you colorful pajamas with a shirt that opens in the back.



Next, you will walk down a long hallway to the area in radiology where the MRI cameras are.



The MRI uses magnets to take your pictures, so it is important to take off anything metal before you go into the room with the camera. If you usually wear earrings, a necklace, or other jewelry, you can either leave it at home or take it off when you put on your hospital pajamas.



A nurse will ask your grownup lots of questions about you.



We will check your vital signs, which tell us how your body is doing. We check your blood pressure by placing a soft band around your arm and then pressing a button to turn on the machine. The band will give your arm a tight squeeze. Your job is to relax your body and hold very still.



We will also put a brown bandaid-like sticker (called a pulse oximeter) around your finger to see how much oxygen is in your body. The sticker's red light shines when it is working.



Your nurse may listen to your breathing with a stethoscope.



Next, you will meet your anesthesiologist. Anesthesiologist is a big word for “sleep doctor.” You will get anesthesia (sleep medicine) so that your body stays completely still while the camera takes your pictures. This is a different kind of sleep than you do at home. Your anesthesiologist will talk to you and your grownup about how you will fall asleep.



There are two different ways that kids can get sleep medicine. One way is by breathing sleep medicine through a mask. Another way is by getting sleep medicine through an IV (a small straw that goes in your vein). Your anesthesiologist will know which way is best for your body.



If your anesthesiologist says you will fall asleep by breathing through a mask, you can ask for one to practice with before it's your turn for pictures!

It's almost time for your MRI! You will meet your MRI tech. This is the person who takes the pictures.



When it is time for your MRI, your MRI nurse, doctor, and the MRI tech will do a “time out.” “Time out” means they will read your name and birthday off your bracelet to make sure they are taking the right kind of pictures of the right kid.



After the “time out” you will say, “See you later!” to your grownup. You will see them again in the wake-up room after your MRI pictures.



This is what the MRI camera looks like. Some kids say it is shaped like a donut! This is the room where you will get anesthesia (sleep medicine) so that your body stays very still for your pictures.



The nurse will walk with you to the MRI room where you will fall asleep and have your pictures taken. Your nurse will help you get comfortable on the bed.



Next, it is time for anesthesia (sleep medicine). If you breathe in sleep medicine through a mask, your job is to take big breaths. If you fall asleep with sleep medicine through an IV, your anesthesiologist will tell you when they are going to start putting the sleep medicine in your straw.



When we are all done with your MRI pictures, you will wake up in a room that looks like this. The nurse will get your grownup to be with you.



The nurse will ask if you would like a drink. You can choose water, Gatorade, apple juice, or sprite. They might ask if you want an orange or purple popsicle, too!



What do you think you will choose when you wake up?

When it is time for you to leave, you will ride in a wheelchair to get to your car. This is because your body might still be tired from anesthesia.



Way to go! You did it!

