

Getting an MRI



This is a story about getting an MRI, which helps doctors take pictures of the inside of my body, so I can stay healthy.



If I feel nervous or scared, I can:

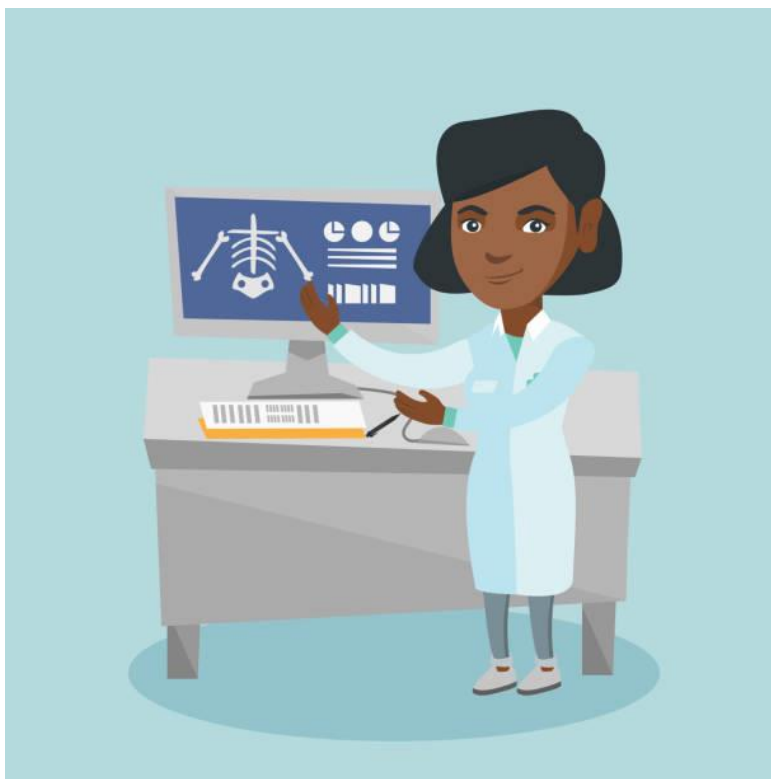
- Think about something that makes me feel happy and calm
- Bring my favorite stuffed animal or blanket from home
- Remember I am staying strong and healthy!



I will go to the hospital with my mom or dad
(or another grown-up who helps take care of
me).



We will go to the radiology section of the hospital, which is where they have special machines that can help take pictures of the inside of the body!



I will take off my regular clothes and put on special clothes (called a “gown”) from the hospital. The gown might have pictures on them, like animals, astronauts or pirates!



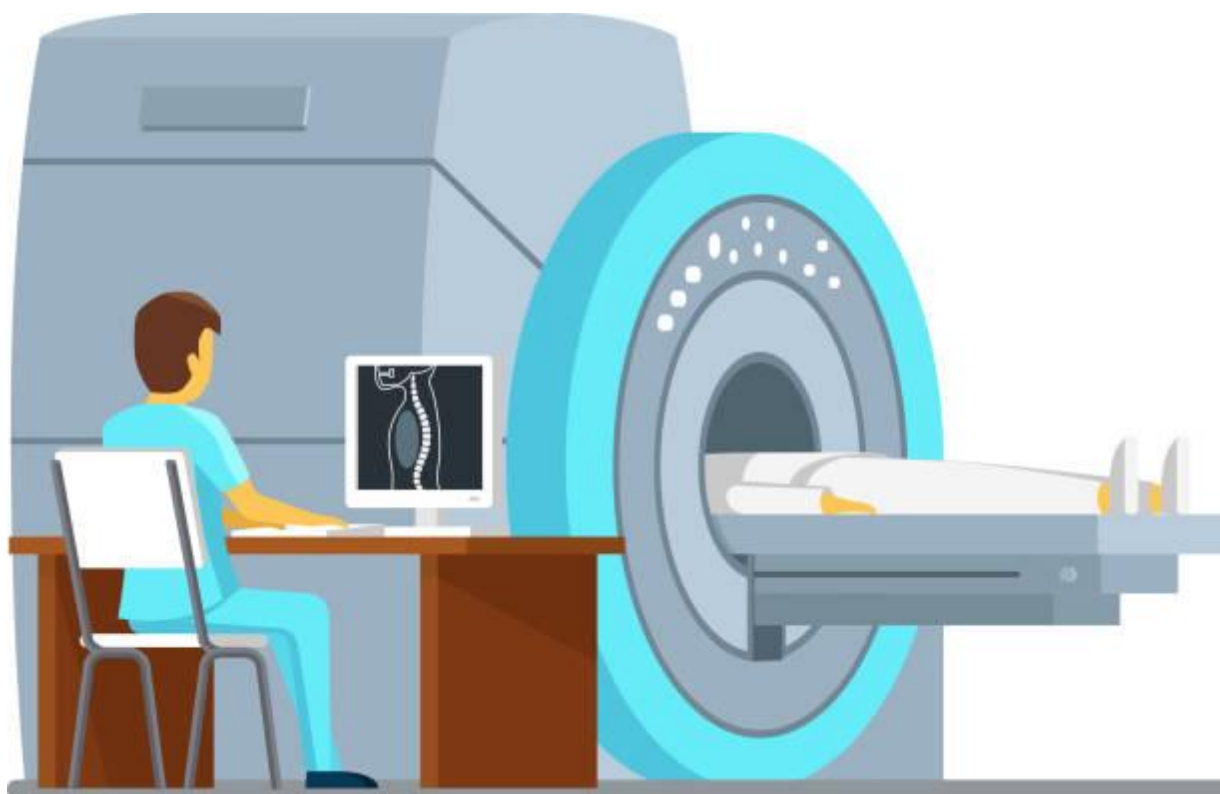
I will also take off all jewelry, including medical bracelets, and give them to my grown-up to hold my MRI.



Then, I will go into the MRI machine. The MRI is like a big, donut-shaped camera to help take pictures of the inside of my body! The machine also has magnets inside.



I will need to lie down on a special hospital bed. This special bed can move so that I am in the right place for the MRI to take pictures!



I might stay awake during an MRI, or I might have special medicine that helps me go to sleep. The medicine is given through a special mask that I breathe in.



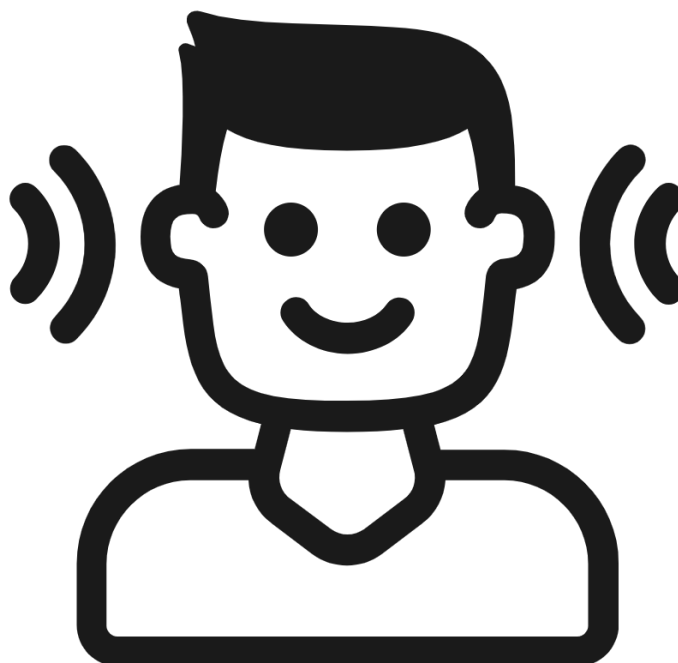
The mask has lots of different smells to breathe. I can choose smells like strawberry, banana, or grape.



Getting an MRI does not hurt at all, but the machine can be loud. If I am awake for the MRI, a nurse will talk to me and help me think about things that make me feel happy and relaxed.



The MRI makes noises while it takes pictures.
Some of the noises sound like an airplane or a
hammer. Others sound like someone is
knocking on a door.



A nurse will give me earplugs and headphones
that I will need to wear to protect my ears. I
can research what an MRI sounds like online to
prepare!



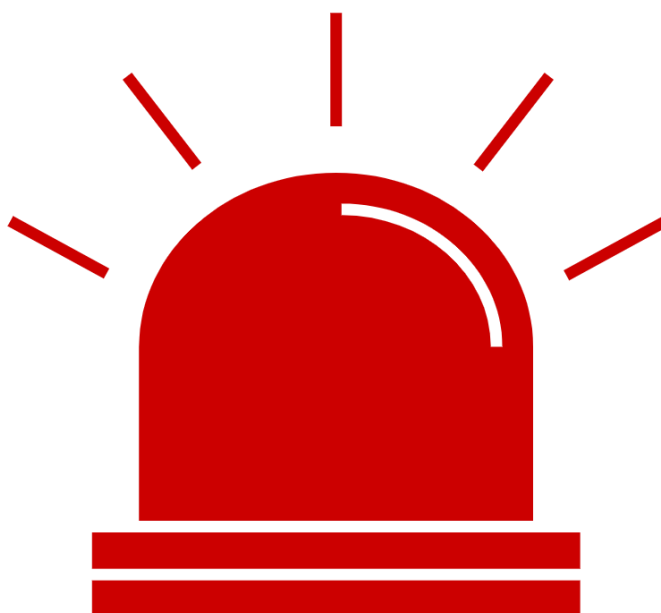
I might also be wearing a helmet, like an astronaut! I can cover my eyes with a cloth or eye mask, if that makes me feel more comfortable.



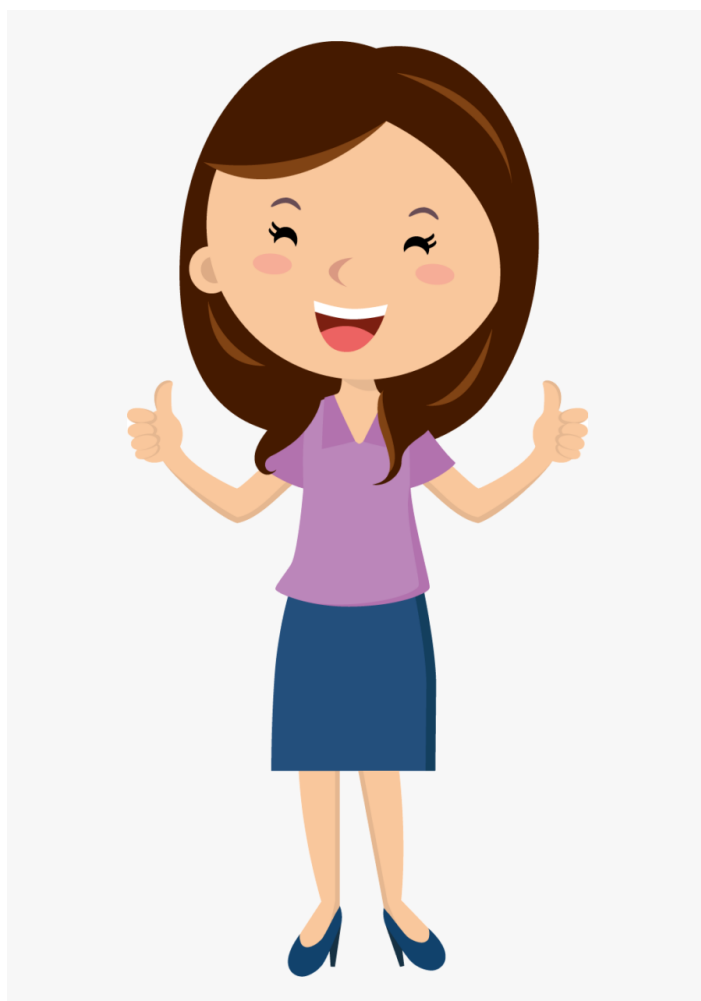
While I am in the MRI, I will stay very still, like a statue, or like I am “frozen!”. I will try my best to do the MRI without taking a break



I will have an alarm ball that I can squeeze if I
really need to take a break.



When I am done with my MRI, I will change back into my normal clothes and go home.



I did a great job learning how to get
an MRI!



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