



Dear Patient/Parent/Guardian of _____

Your child has been scheduled for a MRI scan at Lucile Packard Children's Hospital.

We would like to offer you important information that is helpful during your child's appointment. Please take comfort in knowing that your child is in the best of hands at LPCH, receiving exceptional medical care in a state-of-the-art pediatric medical facility.

To arrive prepared, please:

- **Arrive on time to our department to avoid being cancelled.** Allow 15 minutes to park and walk to your destination. Please take traffic patterns into consideration. At the main entrance of Packard Hospital, free valet parking for patients is available from 7:00pm-5:00pm Mon-Fri.
- **Bring information on any type of implant or device your child may have.** Specifically required for shunts or stents. Please bring the make and model information for the implant or device. Your doctor may have provided you an informational card when it was implanted. This is required to assess your child's safety in the MRI room.
- A parent or legal guardian must be present to sign imaging consent forms.
- Nail polish, hair glitter and piercings should be removed prior to arrival.
- Please bring the enclosed map and instructions with you to your appointment.

It is critical that you arrive on time for your appointment. You will receive a live confirmation phone call 1-3 days before your appointment specifying your arrival time. If your child is having anesthesia for the exam, the phone call will include a more detailed conversation including a brief medical history and assessment of current health. If you have any questions, please call our main phone number **(650) 497-8376** which is answered Mon-Fri, 7:00am-10:00pm and Sat./Sun., 7:30am-4:00pm. Specific clinical questions may require a return phone call.

At LPCH, your child's safety is our number one priority. Prior to beginning the exam, you and your child will be thoroughly screened for MRI safety and general safety. The staff will provide a checklist for you to complete the day of your exam. You will be asked to remove all metal objects from yourself and your child before entering the MRI room. Thank you for your attention to this important safety detail.

Please encourage your child (ages 5-12 to check out our interactive website to help them prepare for the exam - <http://kids.lpch.org>.

With warm regards,

Department of Radiology

Questions Families have about MRIs at LPCH

1. What is MRI? The MRI (magnetic resonance imaging) is a machine used to take a picture of the inside of your body. It is like an x-ray, but it does not use radiation. It uses a combination of magnets, radio waves and a computer to look inside your body. During your appointment, you may have several MRI pictures taken. There are usually a couple of minutes between each picture. Sometimes a picture takes a long time and sometimes it takes a short time. The MRI Technologist can tell you how long each picture will take if you want to know.

2. Does it hurt to have an MRI? The MRI does not hurt you and does not touch your body. However, it is noisy and there are tapping and knocking sounds that it makes while taking the pictures. The staff will give you ear plugs to make the sounds softer. Some exams require intravenous contrast material in which case an IV may need to be started. Our specialty trained pediatric staff will prepare and support your child through this experience.

3. What do I do in the MRI machine? Well, not too much! It is a good time to relax and rest. The most important job you have in the MRI machine is to stay still. When you move, the pictures are blurry, and we have to take your picture again!

4. How can I stay still? To help keep still, different kids have great tricks: some kids find it helpful to imagine being at their favorite place (walking on the beach, hiking in the woods, playing in a soccer game) or to listen to their favorite music. Other kids pretend to be: a statue, Buzz Light year gearing up for space travel, Snow White sleeping in the forest or being frozen by a Sorcerer from the Harry Potter series. For some exams music or movies can be provided. You may bring an iPod or CD's. You might even enjoy listening to the crazy patterns of sounds the machine makes! Let us know if you have any new tricks to suggest.

5. Why do I have to remove all metal objects? The MRI uses a strong magnetic field instead of radiation; the scanner will attract metal objects which can cause injury or burns. For safety, it is very important that you remove all metal objects from yourself and your parent before entering the MRI room. The staff will give you a complete list of items that you need to leave outside the MRI room. They will give you a secure space to store these items – but it is best if you don't even bring them with you. Your safety is our number one priority!

6. Who can teach me more about being in an MRI? Child Life Specialists and your imaging care team prepare each patient prior to the exam. They can help you understand what an MRI is like. They may teach you how to do an MRI on a doll! If you are curious, they have the sounds of the MRI machine on tape so you can hear what it will sound like and see photos of the actual machine before you even go in the room. When you arrive, please feel free to ask your Specialist or other members of our imaging team any questions you might have.

7. Am I awake in the MRI? Depending on the type of MRI exam, the age and health of your child and the assessment of your referring doctor and our radiology health care team, exams may be performed under the care of an Anesthesiologist. In these instances patients are asleep. Most of our patients are awake and able to complete the exam with the assistance of our experienced health care team.

8. How can parents partner with staff? At LPCH, we are committed to listening to your questions and concerns about this process. We want to work with you to help your child be as safe and comfortable as possible. The patients, the parents and our medical staff are all essential partners. Together, we want to make your child's stay at LPCH as comfortable as possible. Please provide adequate time to arrive promptly to your child's appointment. Children are best able to cope and cooperate when the environment is calm.

9. How do I get the results of this test? LPCH Radiologists will analyze your imaging exam and provide an interpretation to your doctor. If you are unsure how to receive these results, please contact their office. Unless other arrangements have been made by your doctor, images and final results will be available to them in 1-2 days.