

CHILDREN AND MRI

Information for parents:

[Under sedation](#)

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UNDER SEDATION:

If your child catches a cold or gets sick the week before the examination, please call the hospital, telephone 55 97 68 50, Monday to Friday between 08:00 am and 15:00 pm, and ask to speak to the Outpatient-doctor(Utpost-lege).

It is important that your child has not been eating or drinking the last hours before the exam, read the information in the letter you have been sent thoroughly, and follow the instructions carefully.

Medication should be given as usual, except insulin or other medication for diabetes, because your child can not eat. Tablets can be swallowed with a ½ glass of water preferably 2 hours or more before the exam.

When you and your child attend an MRI under sedation you will meet different professions including specialist nurses and doctors in anesthesia. Their job is to give your child sedation and to monitor your child during the procedure, and afterwards to the recovery-ward. The doctor or nurse will insert a tiny plastic tube in one of your child's blood vessels. This tiny plastic tube will be used to give your child the medication that will make him/ her sleep during the examination. The most common placement for the tiny plastic tube is the back of the hands. To minimize any pain from the needle we recommend the use of [Emla®](#) - crem/plaster eller [Tapin](#) crem/plaster, which can be bought at the chemist. Put the cream on both hands 1 hour before your appointment. Read the instructions thoroughly and follow them carefully.

Maximum 2 adults may follow the child until they are under sedation.

When your child is given the sedation medication they will fall asleep very quickly. Then either the doctor or the nurse will carry your child into the MRI- room immediately.

You (the parents) will be directed to the waiting area by a MRI technician (radiographer). The technician's responsibility is to perform the MRI exam. They are also responsible for the MRI safety, and will ask if your child has had surgery or have an implant inside their body. They will also do a visual check of your child's clothing regarding metal buttons and zippers. Glitter,

sequins and jewelry may cause problems. Have your child wear comfortable clothing on the day of the MRI exam.

The duration of an MRI exam will vary from ½- 2 hours, but it is not always easy to predict the total examination time prior to the exam.

The radiographer will ask for your cellphone-number, giving you the opportunity to move around more freely on the hospital ground during the exam, should you choose to do so. The radiographer will call you at the appropriate time so you can return to accompany your child and a nurse to the recovery-ward.

A Pediatric Radiologist at the Children's Radiology Department (Barnerøntgenavdelinga) will confirm that the necessary MR images have been completed before the exam is ended. In some cases the Radiologist will decide it is necessary to give your child a contrast media for further information. The contrast media used is Dotarem, given through the plastic tube in your child's hand.

Once your child wakes up from the sedation they will be allowed to drink and eventually also eat as usual. You can expect to go home after 1-2 hours at the recovery-ward.

The result from the MRI exam will be given to you by the referring doctor. The report is usually ready the same day as the MRI exam if the referring doctor works at Barneklirikken. If the referring doctor is your private doctor it will be available after approximately 1 week after the MR exam.

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WITHOUT SEDATION:

To help your child prepare for an MRI exam thorough information in advance is crucial. An successful MRI exam depend entirely on your child's cooperation.

The length of an MRI exam can vary from 20 minutes to more than 1 hour. There will be a lot of noise during the exam from the machinery. It is crucial for the quality of each set of images that your child does not move at all during the noisy periods. In between the sequences there are short breaks without noise. In these quiet periods the MRI technician will talk to your child and your child will be able to speak to the technician.

You will be able to accompany your child into the MR room unless you have non compatible implants in your body [Look for precautions](#).

Your child may listen to music during the exam. You may bring a favorite CD if you want.

On <https://www.youtube.com/> you will find a number of videos showing children at MRI. You and your child can also listen to the sounds of different MRI machines. Use these words for your internet search; *MRI children*.

To date there are no reported side-effects or body injury related to having an MRI exam, but if you are pregnant we recommend that you bring someone else whom your child trust to stay in the MR room together with them during the exam.

Sometimes the Radiologist will decide it is necessary to give your child a contrast media during an exam. A tiny plastic tube will be placed in one of your child's blood vessels. This tiny plastic tube will be used to give your child the contrast media. The most common place for the tiny plastic tube is in your child's elbows (the same location that blood samples are taken from). To minimize the pain from the needle we recommend the use of [Emla®](#) - crem/plaster eller [Tapin](#) crem/plaster which can be bought at any chemist. Put the cream on the inside of both elbows 1 hour before your appointment. Read the instructions thoroughly and follow them carefully.

A Pediatric Radiologist at The Children's Radiology Department (Barnerøntgenavdelinga) will confirm that the necessary MR images have been completed before the exam is ended.

The result of the MRI exam will be given to you by the referring doctor. The report is usually ready the same day as the MRI exam if the referring doctor works at Barneklubben. If the referring doctor is your private doctor it will be available after approximately 1 week after the MR exam.

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INFANT (0 – 3 MONTHS) AND MRI:

MRI is sensitive for movements. During the exam it is crucial that your child lies completely still.

Experience indicates a sleeping infant (0-3 months) will tolerate the sounds from the MR machine well, and can sleep through an entire exam. Therefore we would prefer to examine your child while it is sleeping to avoid the use of sedation. The length of the exam is usually 45 minutes.

You will be able to accompany your child into the MR room unless you have non compatible implants in your body [Look for precautions](#).

A successful MRI exam depends on your efforts prior to the appointment:

- When you arrive the child is ready to go to sleep. It has just been feed and has a clean nappy.

- It is important that you have planned the clothing your child is wearing according to these rules: No metal buttons, domes or zippers. No glitter, sequins or jewelry.
- If you have to travel from a distance we recommend that you plan your arrival so that your child is ready to sleep again at the time of your appointment.

A Pediatric Radiologist at The Children's Radiology Department (Barnerøntgenavdelinga) will confirm that the necessary MR images have been completed before the exam is ended.

The result of the MRI exam will be given to you by the referring doctor. The report is usually ready the same day as the MRI exam if the referring doctor works at Barneklubben. If the referring doctor is your private doctor it will be available after approximately 1 week after the MR exam.

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If you have any questions regarding this information, please call:

Avdeling: Radiologisk avdeling ved MR seksjonen.

Telefon: 55 97 24 01

www.helse-bergen.no