

Procedural Anxiety

# MRI Scan

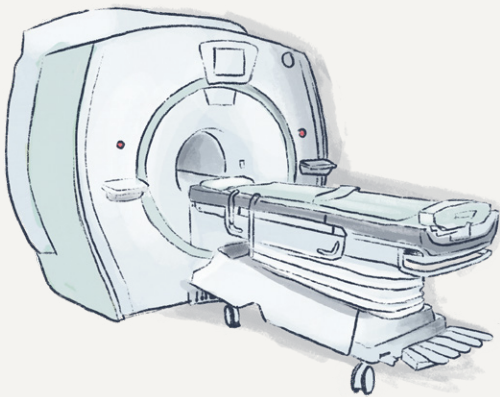
## What is an MRI scan?

MRI stands for Magnetic Resonance Imaging (MRI).

An MRI scan uses a magnetic field to take pictures of your body.

The scanner is a large magnet with a hole running through it.

The MRI scan makes loud noises, but you will be given ear protection to help with this.



## Who will I meet?

A **radiographer** is a person who specialises in scans. They will be able to answer any questions you may have. If you are feeling worried, tell them and they will help you with this.



## How long does it last?

The time of your MRI depends on what part of your body you are having scanned.

## Why do I need it?

The doctors may need detailed pictures of the size and part of your body. This can help them to take care of you.

MRI scans are really useful because they take clear images of body parts.

## Are there any risks?

No, the MRI scan will not hurt you. The MRI scanner will not touch you.

## What happens?

There will be a checklist a member of staff will look at with you and your parent/carer. This is to make sure you are safe to have the scan.

You will be checked to make sure you do not have any metal on or inside you for the scan. This is to make sure the scan can produce the best pictures.



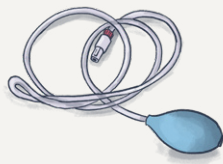
After your MRI scan, you will be able to leave. The radiologist will send a report of the scan to your doctor.



## Step by Step

- You may have to wear a gown for the scan, this looks a bit like pyjamas.
- You will lie down on a bed that slides into the tube.
- When you are in the right position, you will move into the tube.

- You will be given a call bell to hold, if there are any problems you can squeeze it to alert the radiographer.



- The radiographer will go into the control room. They will be able to see you at all times.

- The scanner makes a knocking sound during the scan, which can be loud.



- You will be asked to wear ear protection to reduce the noise of the scanner.

- You might be able to watch a DVD or listen to a CD during the scan.

- When the scan is finished, you will move out of the scanner. You can get up and leave.



## Coping with nervous feelings

It is important to remember that it is normal to be scared or nervous before an MRI scan.

Here are some ways to distract yourself:

- Read a book
- Play a game
- Listen to music
- Talk to someone
- Imagine being somewhere nice



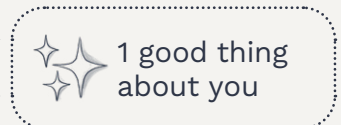
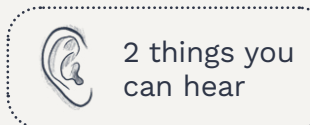
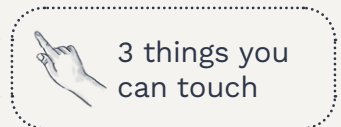
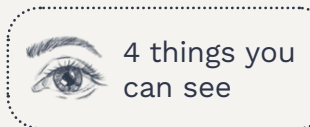
If you are really worried you can ask for support from a **play specialist**. They will be able to help you manage your nervous feelings and they will support you through your scan.

Here are some apps with helpful free content –



It can also be helpful to use strategies to help shift your attention outside of your body – you could try this exercise!

Try and name...



For further support and information about your procedure

Please scan this QR code and it will take you to the Paediatric Psychology website.



ABUHB Paediatric Psychology Service

Contact:

ABB.PaediatricPsychology@wales.nhs.uk

