

# what you NEED TO KNOW about...

## Cardiac Magnetic Resonance Imaging (MRI)

### Appointment time

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Where: Diagnostic Imaging/Radiology,  
main floor

### What is a Cardiac MRI?

This scan uses magnetic fields, radio waves and a computer. It allows doctors to see a very detailed picture of the heart structures. MRI does not use X-rays or radiation.

The MRI scanner looks like a big doughnut. Patients lie on a bed that moves through the 'hole' in the middle of the doughnut. This scan takes 45 minutes-1 hour to complete.

### How do we prepare our child or teen for this scan?

During the scan, your child must lie very still and may have to hold his breath at times. The MRI scanner is very noisy. It makes loud banging and knocking sounds when it is on. Some children and youth need sedation or a general anesthetic (special sleep medicine) for this test. Your doctor will tell you ahead of time if your child needs sedation or a general anesthetic.

Your child or teen will not be able to eat or drink before the scan if sedation or a general anesthetic is needed. We will let you know ahead of time about any fasting guidelines. Let your doctor know if your child or teen has metal implants anywhere in the body.

### What will happen during the scan?

For the MRI, your child or teen will have to:

- Change into a hospital gown
- Remove jewellery, glasses, hearing aids and hairpins
- Lie on a narrow bed, which will move through the scanner
- Lie very still, and hold her breath when we ask

Your child or teen may:

- **Have an IV (intravenous) for contrast material.** This helps doctors to see more detail in the scan.
- Wear earphones and listen to music, but iPods are not allowed in the room. You may bring an iPod or CD and the technologist can play it through earphones we give you.



MRI Scanner, WikiMedia Common (public domain)

### How can I help my child during the scan?

You can stay with your child or teen during the scan, but you'll need to remove all metal jewellery and leave any cards with magnetic stripes (like credit or debit cards) outside the room. Please leave brothers and sisters at home. You will not be able to stay in the room with your child if you have a pacemaker or an internal defibrillator.

### What happens when we get home?

Children and youth who do not have sedation or a general anesthetic can go back to school and regular activities after the MRI.

After anesthetic or sedation your child or teen should have a quiet day at home. The MRI recovery staff will give you complete discharge instructions before you leave. Your child or teen can go back to school and usual activities the day after the MRI.

### Questions?

613-737-7600  
extension 3109 (Nurse's line)

