



I am getting an MRI.



A note to caregivers:

This book will detail the steps of an MRI at Rady Children's Hospital.

This book was written for patients of different ages and language levels. In this story, we refer to an MRI as a “picture.” You can determine which language is best to use for your child.

Not all sections will apply to your child. Read this first and choose what information you think will be helpful. You know your child best.

Some children benefit from a reward after an MRI. Please see the customizable visual on the last page of this story. This is one way to present the idea of a prize/reward to your child (e.g., “First take picture, then *[insert prize here]*”).

If your child would benefit from distraction during the MRI, please work with your MRI technician to determine what is safe to use. You may consider bringing a sensory/comfort item with you. Accommodations will depend on the location of the injury and staffing.

If your child is having difficulty remaining still, it can be helpful to count or sing a song for the duration they need to stay still. Your child may also benefit from practicing this at home.

We recommend filling out the Autism Friendly Questionnaire in preparation for your visit. If you have trouble filling out the form in MyChart, then you may download a paper copy from our website (please scan the QR code for the link or visit <https://www.rchsd.org/autism-friendly-health-system-initiative/autism-friendly-questionnaire/>) and bring it with you to the appointment.

If you have more questions about strategies, please contact the Autism Friendly Health System Initiative at autismfriendly@rchsd.org

Sincerely,
The RCHSD Autism Friendly Health System Initiative Team



I am going to the hospital to get an MRI.

An MRI is a special camera that takes pictures of the inside of my body.





First, we will park the car.

After we park the car, we will walk to the hospital.



I will check-in at the front desk.

The front desk will give me a bracelet to wear with my name on it.



Now I will wait until my name is called.

I can [insert distraction activity here] while I wait.

Note to caregivers: We recommend bringing a toy or other activity for your child while they wait to be seen.



When my name is called, I will walk to a new room with my [caregiver].



The nurse is going to check my body before we take the pictures.

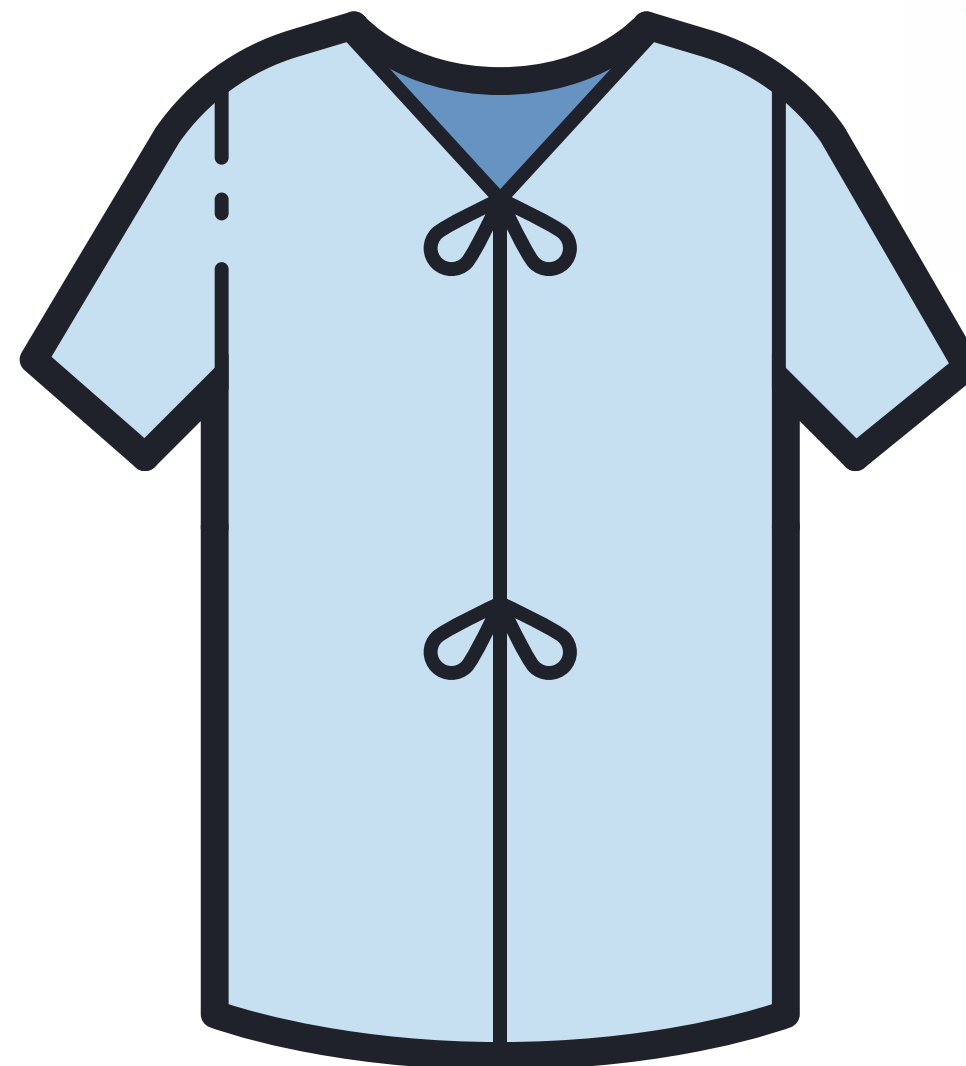
The nurse will:

- Measure how big I am.
- Measure how tall I am.
- Check my temperature.
- Check my blood pressure.
 - This will feel like a big squeeze on my arm.
- Check my pulse
 - This feels like a band-aid. It also has a red light!



Next, I will change into hospital pajamas and socks.

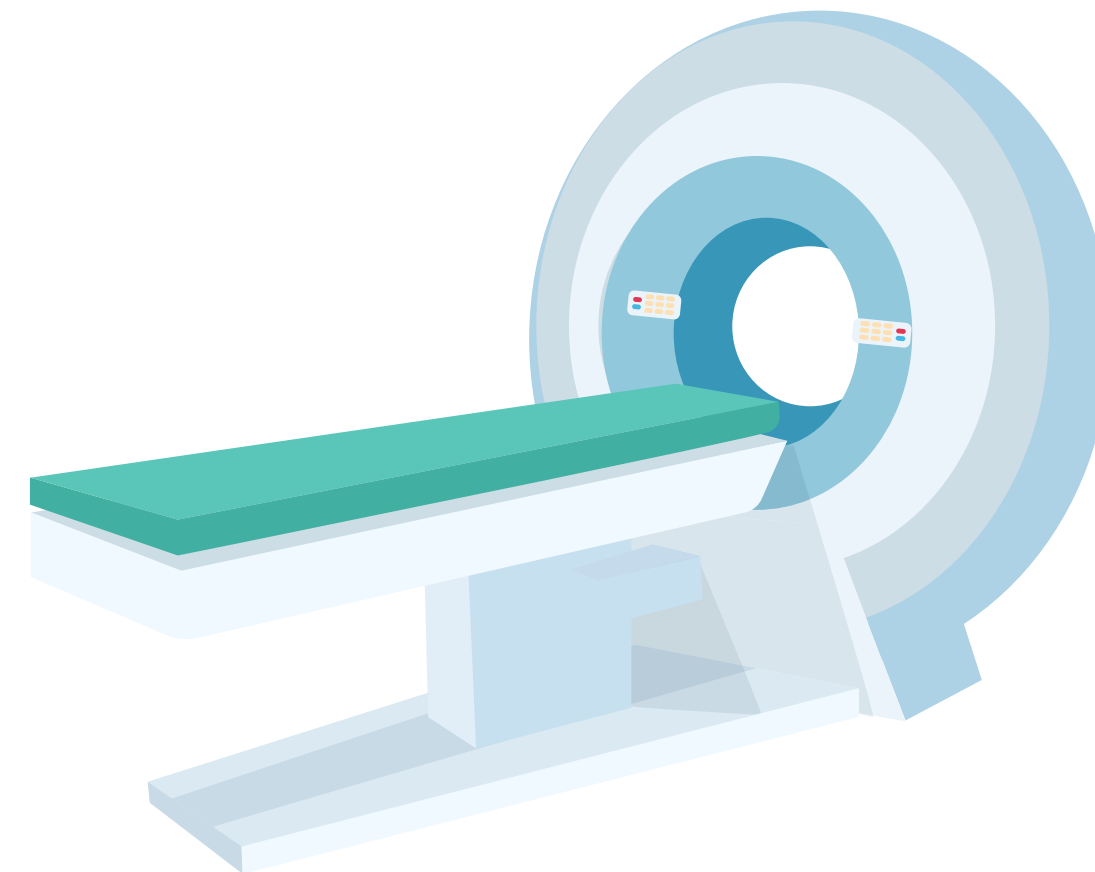
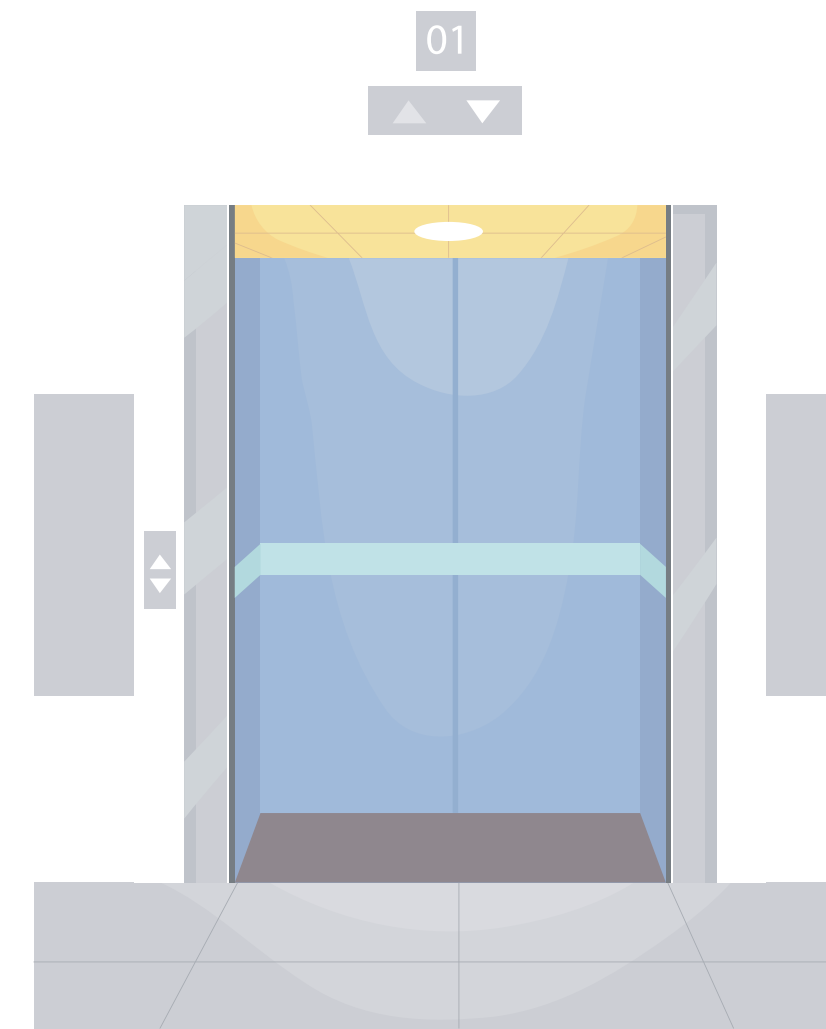
I will also take off anything metal I am wearing (e.g., jewelry, glasses, hairclips).



Now it is time to go to the picture room.

I will ride in the elevator. My [caregiver] can come with me!

The picture room will have a table with a big circle camera.



It's ok to feel nervous.

If I am nervous, then I can take deep breaths or ask my [caregiver] to stay with me.

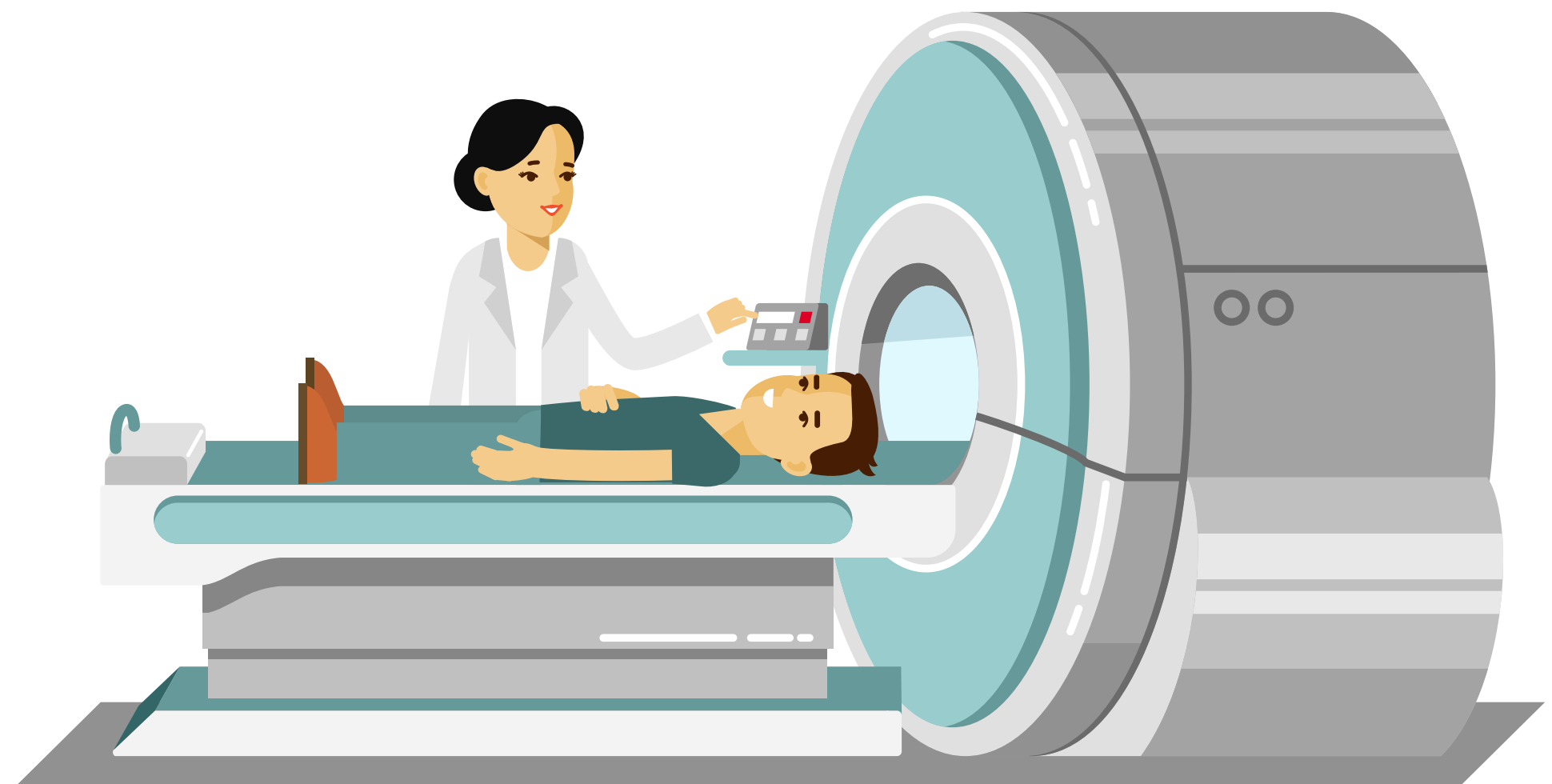


Note to caregivers: Your child may be able to hold a sensory item if they are able to stay still while doing so. Please work with your MRI tech to determine what is feasible for your child's MRI scan.

Now it's time for my pictures.

I will lie down on the table. The tech might put seatbelts on my waist to keep me safe.

I will keep my body calm and still.

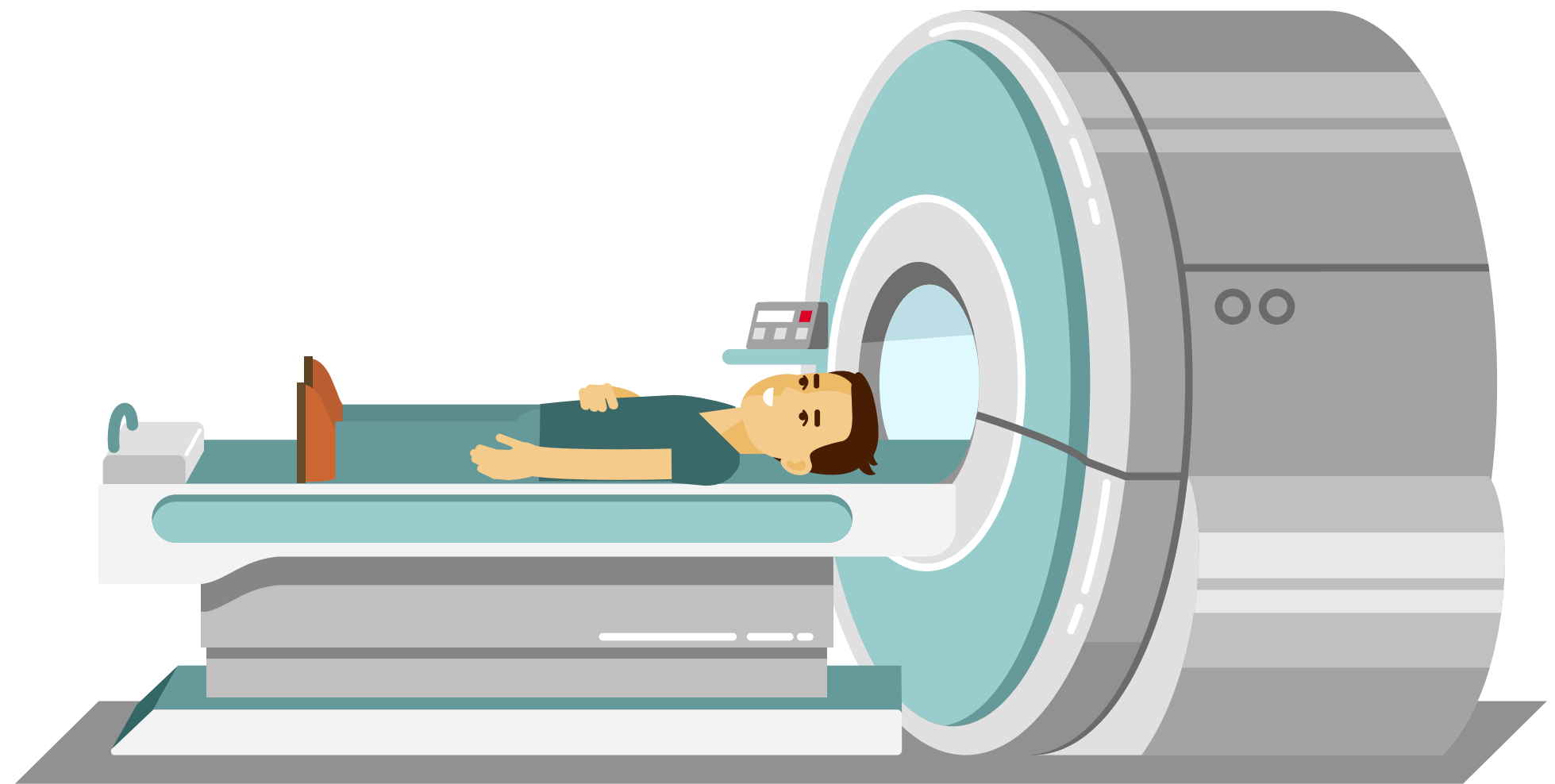


The bed will move in and out of the circle camera. It will take a lot of pictures.

The circle camera is loud and will make different sounds. It might sound like a hammer or make a buzzing noise.

It will not touch me or hurt me.

Note to caregivers: Some children benefit from video modeling/preparation before their MRI. Review the video by scanning the QR code to determine if reviewing the video with your child would be beneficial. This video provides exposure to the different types of sounds the MRI machine makes.
<https://www.youtube.com/watch?v=TIrOtSSUQY>



The tech will tell me when I am all done with pictures. The tech will take my seatbelt off.

**I kept my body calm and still!
Now it's time [insert reward here].**

Note to caregivers: Note to caregivers: It may be helpful to identify a reward your child can earn after completing the MRI scan.

all done



The End

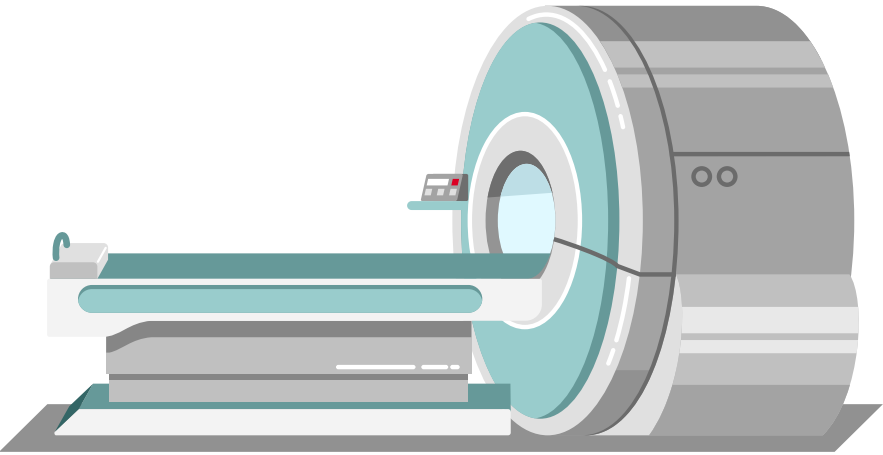

Note to caregivers: Please review the following pages for additional visuals that may be utilized to prepare for the visit.



Caregivers:

Here is a sample “**first-then**” visual if your child is earning a reward after their MRI. Please use the template on the next page and add your own picture of the reward your child is earning under the word, “**then.**”

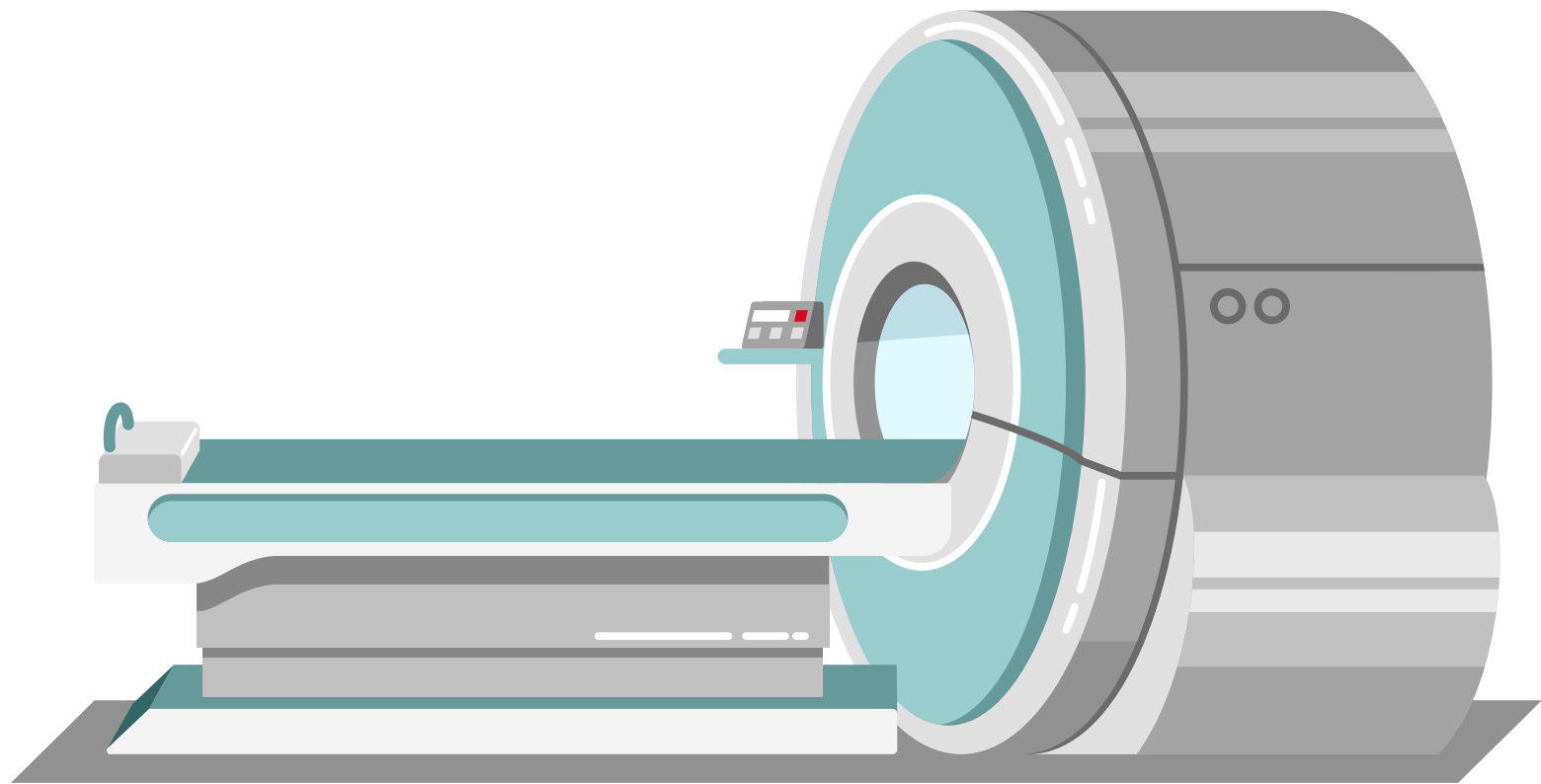
You can present this by saying, “**First take pictures, then Switch.**”

FIRST	THEN
	



FIRST

THEN



“First take pictures, then _____.”



Caregivers:

A **reward chart** can help the child understand how they will earn their **reward**. They can earn a star or check for completing each step of the visit.

This can increase motivation during the appointment.

Please customize with a picture of what your child is motivated to earn on the next page.

I'm working for



I'm working for

□ □ □ □ □ □

= □



Visual Schedules

If your child benefits from the use of visual schedules, the next page may be helpful. As you point to each picture, you can briefly explain what will happen:

First, the nurse is going to check your body. You can choose the order the nurse checks your body.

Next, you will change into hospital pajamas and socks. You will take off anything metal you are wearing (e.g., jewelry, glasses, hairclips).

Then, you will go in the elevator to the lower level in your bed or wheelchair.

Last, you will lie down on the table. The tech might put seatbelts on you waist to keep you safe. You will stay very still. You will take a lot of pictures. The circle camera and bed will move. You will keep my body calm and still.

Then you will be all done and can *[insert reward here]*!

