

University College Hospital

Your child is having an MRI scan
under sedation

Imaging Department



If you would like this document in another language or format, or require the services of an interpreter, contact us on 020 3456 7002. We will do our best to meet your needs.

If you have any questions after reading this booklet, please contact us on 020 3456 7002.

You will need to know your hospital number. This can be found on your appointment letter.

Contents

1. Introduction	4
2. What is MRI?	4
3. Are there any risks to having an MRI	4
4. What is sedation?	5
5. Are there any risks to sedation?	5
6. Are there any alternatives to sedation?	5
7. What happens if I choose for my child not to have an MRI?	6
8. Arriving at UCLH	6
9. Does your child need a cannula?	7
10. What is a contrast dye?	7
11. What is a muscle relaxant?	7

12. Before the MRI scan	7
13. During the MRI scan	8
14. Are there any side effects?	8
15. After the MRI scan	9
16. How will I get my child's results?	9
17. Special information for females patients of child bearing age	9
18. Interpreter services	10
19. Supervision for children	10
20. Frequently asked questions	11
21. Where can I get more information?	11
22. Travelling to the hospital	13
23. Where is the main UCH hospital?	16
24. Useful telephone numbers	17
25. References	17

1 Introduction

This booklet contains information for both parents and carers about having an MRI under sedation.

2 What is MRI?

Magnetic Resonance Imaging (MRI) is an imaging tool that uses a powerful magnet to scan your body. The MRI scan will assist in the diagnosis and treatment of your child's health condition. There is no use of radiation or X-rays.

The MRI scanner is a tube which is open at both ends. Your child can be seen at all times by the Radiographer.

3 Are there any risks to having an MRI?

MRI scans are not suitable for everyone. The Radiographers have to be 100% certain that your child meets the safety criteria before entering the MRI scanning room.

You will receive a safety questionnaire to complete for your child with your appointment letter. This is to be completed before attending for your appointment and if you answer **yes** to any of the questions please call the department. A yes answer does not automatically mean your child cannot have the scan, so it is always best to check with us first.

There are currently no known risks of having an MRI if you meet the safety criteria.

4 What is sedation?

Sedation is using medicines to help your child feel relaxed and sleepy.

It is important for your child to remain still during the scan otherwise the images become blurred. Children who may not be able to keep still for their scan may be referred for an MRI under sedation.

5 Are there any risks to having sedation?

It is very rare to have any serious complications with having sedation. The most common complications are respiratory distress, hypertension and hypotension. Your doctor will have weighed up the benefits and risks before referring your child.

You may be asked to attend a pre-assessment clinic with your child. This assessment of your child's medical history will help to minimise any risks.

Please discuss any concerns with your referring doctor

6 Are there any alternatives to sedation?

Alternatives to sedation are a general anaesthetic or a play specialist.

A general anaesthetic is using medicines to induce a deep sleep.

Play specialists aim to enhance children and young people's understanding of hospital treatments and procedures and reduce anxiety throughout their healthcare experience. This can

sometimes result in avoiding the need for sedation or a general anaesthetic to complete the scan.

7 What will happen if I choose for my child not to have an MRI?

Your referring doctor will discuss the alternative options with you.

8 Arriving at UCLH

You will receive an appointment letter from the Paediatric Admissions Department. Please read this carefully as preparation for each scan may be different.

Your child will need to be nil by mouth before sedation. An easy way to remember this is the 2-4-6 rule. No clear fluids for 2 hours, no breast milk/formula for 4 hours and no solids for 6 hours prior to the scan.

When you arrive at the hospital you will attend either T11 (children's ward) if your child is under 13 years of age or T12 (adolescent ward) if your child is 13 years to 19 years of age. A doctor will assess your child and explain the procedure and you will be asked to sign a consent form.

9 Does your child need a cannula?

Each MRI scan is different and some scans will require a cannula routinely and some will not. A cannula (a small plastic tube with a needle) is placed in the vein to administer a contrast dye or muscle relaxant. A local anaesthetic cream/spray will be placed on your child's arm which helps ease the pain of the needle.

10 What is a contrast dye?

For some scans a contrast dye is given which will highlight parts of the body. It is a routine part of some examinations. The contrast dye is a colourless liquid called Gadolinium. There is a small risk of a reaction to the contrast. If your child suffers from Renal (Kidney) Impairment or Failure please inform your referring doctor.

11 What is a muscle relaxant?

For some scans a muscle relaxant will be given which relaxes the bowel motion to reduce blurring of the images. This is called Buscopan[®]. This may not be given if your child has a heart condition or suffers from glaucoma.

12 Before the MRI scan

You and your child will be accompanied to the MRI department by a nurse.

The Radiographer may ask for your child to be changed into a hospital gown. If they would be more comfortable in their own clothes, ensure their clothes have no metal, for example zippers or metal buttons.

13 During the MRI scan

Your child will need to lie on the bed and the Radiographer will position the child as required for the particular scan. Cameras will then be placed over the body part to capture the images.

The scan can take from approximately 30mins to 60mins.

The MRI makes a loud knocking sound which changes throughout the scan. This is all normal. The child will be given hearing protection that helps reduce the noise.

14 Are there any side effects?

It is rare to react to the contrast dye. The most common side effects are itching, nausea or vomiting. These are usually soon after the injection. Please inform the Radiographer, the Anaesthetist or the ward staff of any symptoms. If your child experiences any symptoms after hours, please contact your local Accident and Emergency department.

After having Buscopan[®] very rarely patients can develop pain and redness in both eyes, which occurs in the 24 hours after the test. If this happens please attend the Accident and Emergency Department at your local hospital for a check-up, but please remember this is very rare.

15 After the MRI scan

Your child will return to the ward and will be monitored by the ward staff. Once the ward staff are happy your child has recovered from the sedation you will be discharged and you will be able to go home.

16 How will I get my child's results?

You will not immediately receive your child's results. The images will be reviewed by a Radiologist and a report is then issued to your referrer. If you do not already have an appointment to return to the clinic, you should contact your clinic to arrange this appointment.

17 Special information for female patients of child bearing age

If you have reason to believe that your child may be pregnant please inform the Imaging Contact Centre **before** starting the preparation, and **before** attending your appointment.

Pregnancy

To date, there have been no reported effects from MRI to the unborn child. As a precaution we advise against scanning in the first trimester.

Breastfeeding

If your child is breastfeeding their own child, we advise they do not breastfeed for 24 hours, after undergoing this scan as a safety precaution. It is also advised to express and discard the breast milk during this time.

18 Interpreter services

If you require the services of an official hospital interpreter please arrange this with the doctor who has referred you for your scan.

Alternatively, you may bring along a relative, carer or a friend who speaks and understands English to translate for you.

19 Supervision for children

We are unable to offer childcare facilities. If you need to bring your other children with you, please bring along somebody who can supervise them whilst your child's examination is being carried out.

20 Frequently asked questions

Can my child take their normal medications?

All medications can be taken as normal.

Can my child wear their own clothing?

You child can wear their own clothes if there is no metal buttons or zippers.

Will the test be painful?

The cannula may be uncomfortable for your child but the doctor can use a local anaesthetic to ease the discomfort.

How long will the procedure take?

The time for the sedation and scan will vary from patient to patient. It will approximately take 60 to 90 minutes. It may take longer when the scan is time is longer.

Can my child eat and drink normally after the test?

The ward staff will advise you when your child can eat and drink normally.

21 Where can I get more information?

University College Hospital London

<http://www.uclh.nhs.uk/pages/home.aspx>

The Department of Health

www.dh.gov.uk

Royal College of Radiologists

<http://www.goingfora.com/>

The UCLH Children and young people's website has information and short films made with our patients about having an MRI and other hospital treatments.

<http://www.childrenandyoungpatients.uclh.nhs.uk/>

Other NHS hospitals that specialise in children provide information for MRI and other hospital treatments.

Evelina Children's Hospital

<http://www.guysandstthomas.nhs.uk/our-services/childrens/services/childrens-mri/overview.aspx>

Great Ormond Street Hospital

<http://www.gosh.nhs.uk/medical-conditions/procedures-and-treatments/your-child-is-having-an-mri-scan/?locale=en>

UCL Hospitals cannot accept responsibility for information provided by other organisations.

22 Travelling to the hospital

Give No car parking is available at the hospital. Street parking is limited and restricted to a maximum of 2 hours.

Please note the University College Hospital lies outside, but very close to the Central London Congestion Charging Zone.

Public transport

Tube

The nearest tube stations, which are within 2 minutes walk are:
Warren Street (Northern and Victoria lines)
Euston Square (Hammersmith & City, Circle and Metropolitan lines)

Overground trains

Euston, King Cross & St Pancras and Kings Cross Thames link railway stations are within 10-15 minutes walk.

Bus

Bus services are shown on the map on page 15.
Further travel information can be obtained from <http://www.tfl.gov.uk> Tel: 020 3054 4040

Hospital transport services

If you feel that you are eligible for transport please ring 020 3456 7010 (Mon to Fri 8am-8pm) to speak to a member of the Transport Assessment Booking Team.

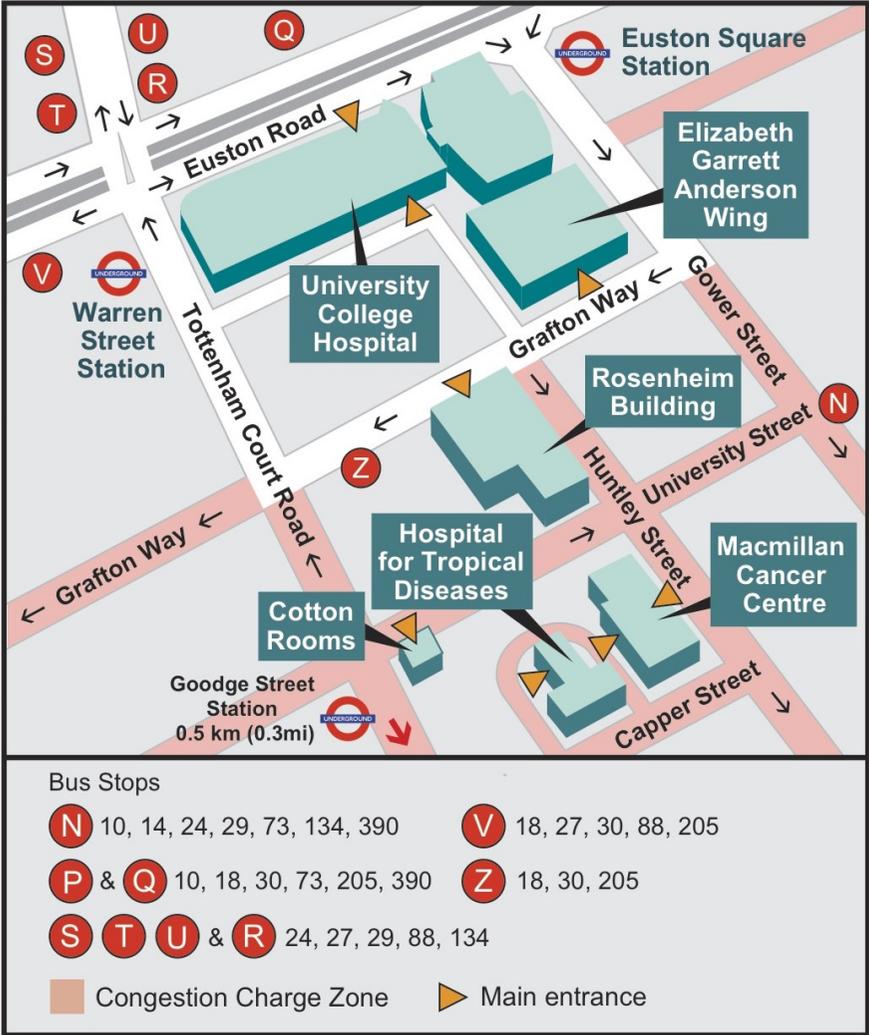
You will need to call at least **7** days before your appointment.
If your child has a clinical condition or mobility problem that is unlikely to improve you will be exempt from the assessment

process. However, you will still need to contact the assessment team so that your transport can be booked.

If your appointment is cancelled by the hospital or you cannot attend it, please ring 020 3456 7010 to cancel your transport.

Can an escort be arranged to accompany me in hospital transport?

This will depend on your clinical condition or mobility. If you meet the criteria then an escort will be booked to accompany you to and from the hospital. However, we aim to keep these to a minimum as escorts take up seats that would otherwise be used for patients.



23 Where is UCH main hospital?

Your child's appointment is at the UCH main hospital site, use the map below:



24 Useful telephone numbers

UCH Switchboard

020 3456 7890

Imaging Booking Centre (to change or cancel an appointment)

020 3456 7002

Paediatrics Admissions

020 3447 1100

020 3447 1185

Hospital Transport Services

020 3456 7010

Imaging Department postal address

25 References

Royal College of Radiologists

<http://www.rcr.ac.uk>

Gadolinium

www.guerbert.com

Buscopan®

www.boehringer-ingelheim.co.uk

NHS Choices

<http://www.nhs.uk/conditions/Anaesthetic-general/Pages/Definition.aspx>

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Space for notes and questions

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We are committed to
delivering top-quality patient
care, excellent education
and world class research

Safety
Kindness
Teamwork
Improving