

Let's Prepare for an MRI!

You may be wondering what an MRI is, what it stands for, and what it does...



An MRI stands for “Magnetic Reasoning Imaging”. It is a giant camera that uses magnets and radio waves to take pictures of the inside of your body, with no pain at all!

The MRI helps doctors see what’s happening inside your body. It helps them understand more about what’s happening in your spine and how they can help you feel better!

When you come in for your MRI appointment, you can bring along your favorite stuffed animal to keep with you throughout the procedure. Here's a helpful cartoon video featuring Jayden, explaining what happens during an MRI. Watching this can help you understand what to expect

<https://www.youtube.com/watch?v=Qtp9XIE9Skl>

MRI Steps:



Getting Ready

First, you will change into a special hospital gown. Make sure to take off any jewelry, glasses, or hair accessories!



Lying Down on the Bed

Next, you will lie down on a comfortable bed that will slide into the tunnel of the machine.



Wearing Headphones

You will wear headphones to protect your ears from the loud noises the machine makes. You even get to listen to music!



Staying Still!

Lastly, and most importantly, make sure to lie very still, like a statue, so the machine can take clear pictures.