



# ELLIOT GOES TO THE HOSPITAL

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MY BODY NEEDS AN MRE





**Hi, my name is Elliot!**

I'm going to the hospital because my doctor needs pictures to see how the inside of my body looks.





Lots of kids come to the hospital to get pictures of the inside of their body. The hospital uses a special camera called an MRI.

I will not eat or drink anything on the morning of my MRE. I can choose to bring a comfort item with me from home!



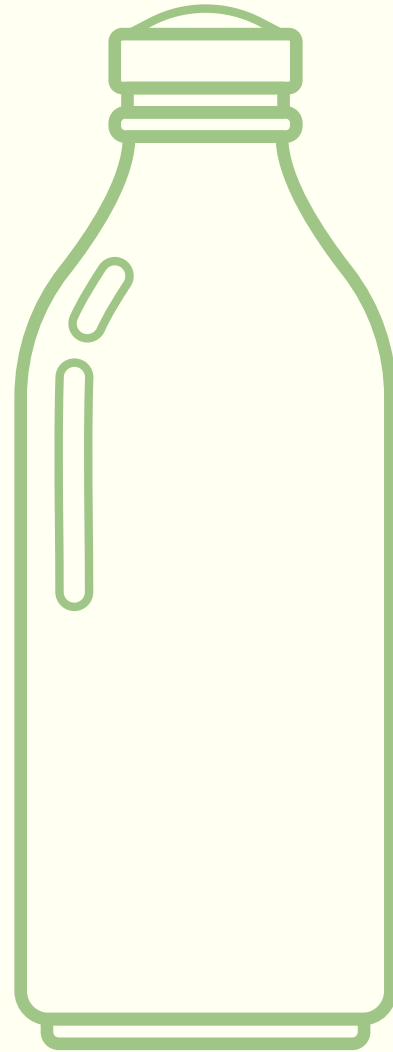
When I get to the hospital, we will walk to the Radiology front desk to let them know we are here.





Then, we will sit down. An MRI Technologist will come meet us.



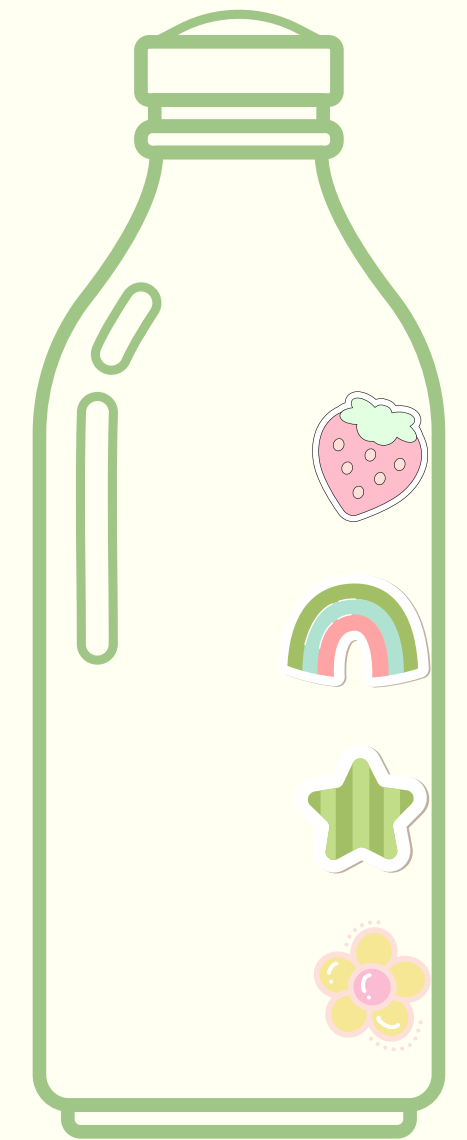
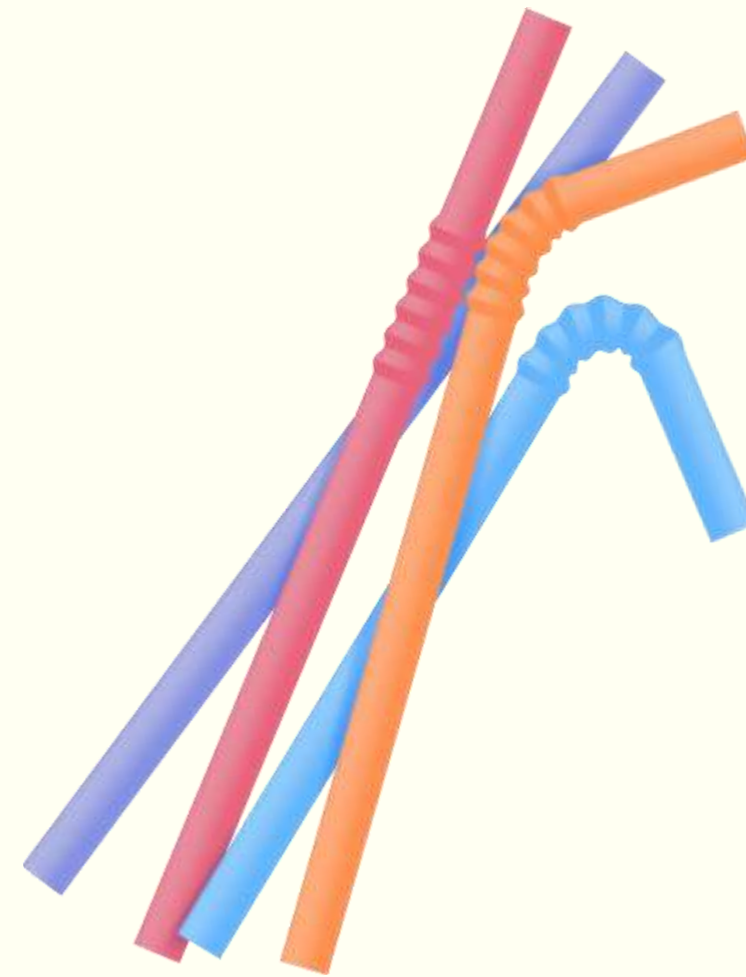


I will drink a special drink called “contrast”.  
Each special drink is about the size of a bottle  
of water. I will drink 3 bottles before my MRE.

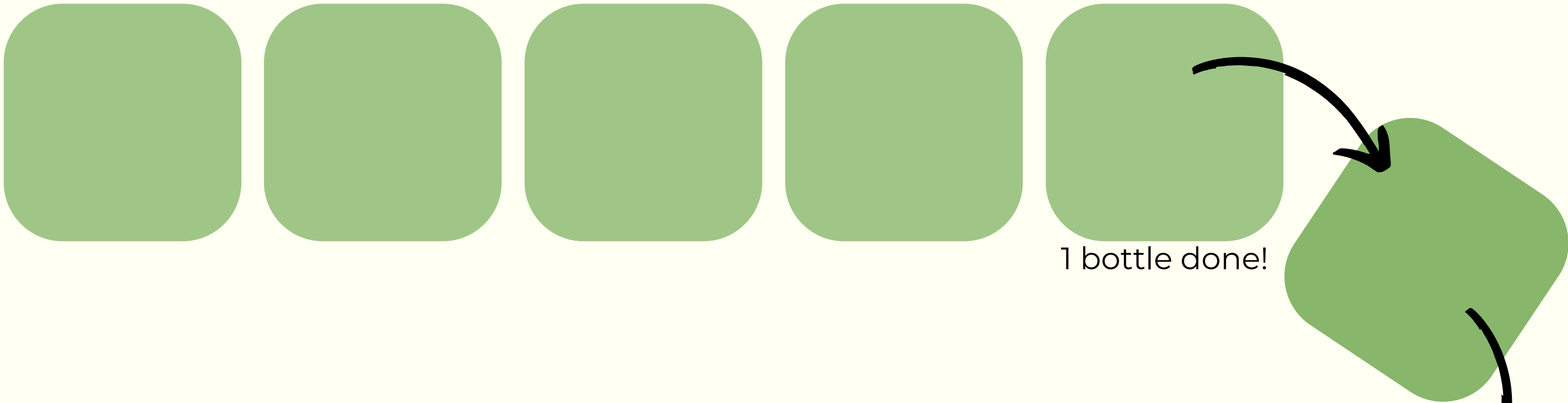
I can play while I drink the contrast.

I can choose to drink the contrast using a straw or just out of the bottle. I can set a timer or remind myself it is time to take another sip during each new turn in a game.

I can set goals for myself on the side of the drink using a marker or stickers.

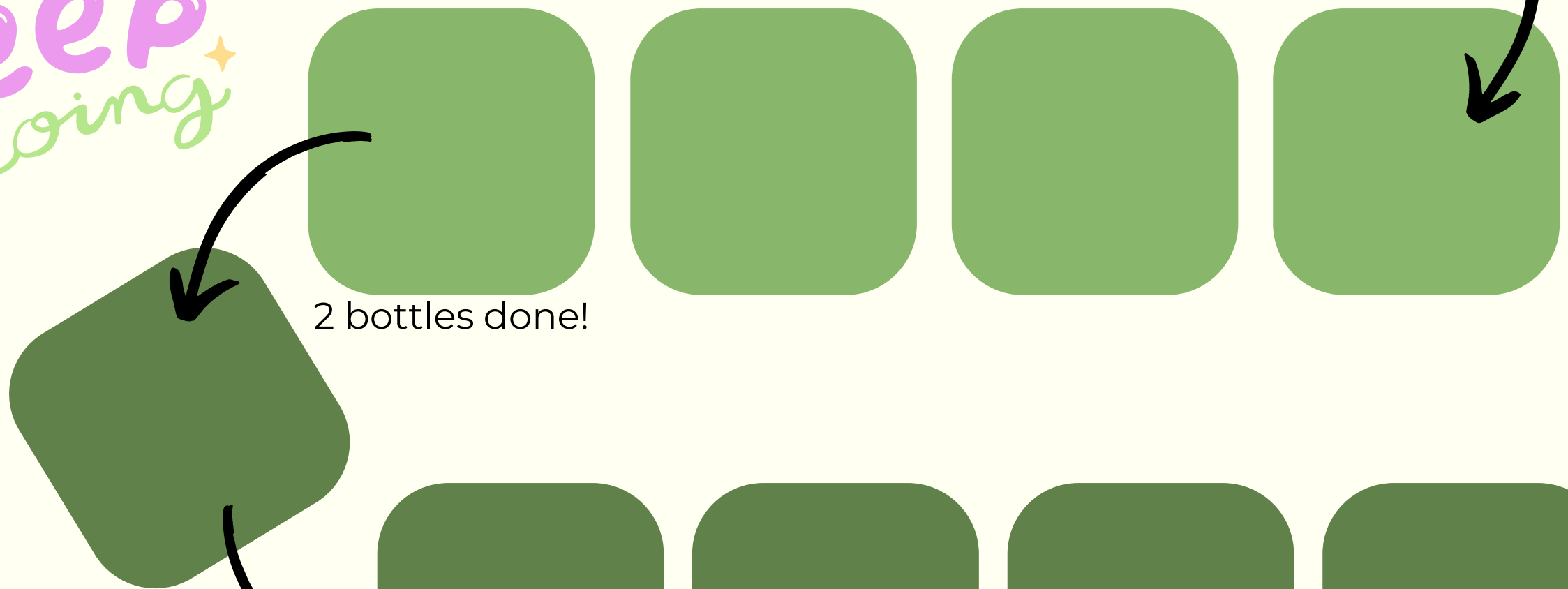


START  
!



1 bottle done!

*keep  
going*

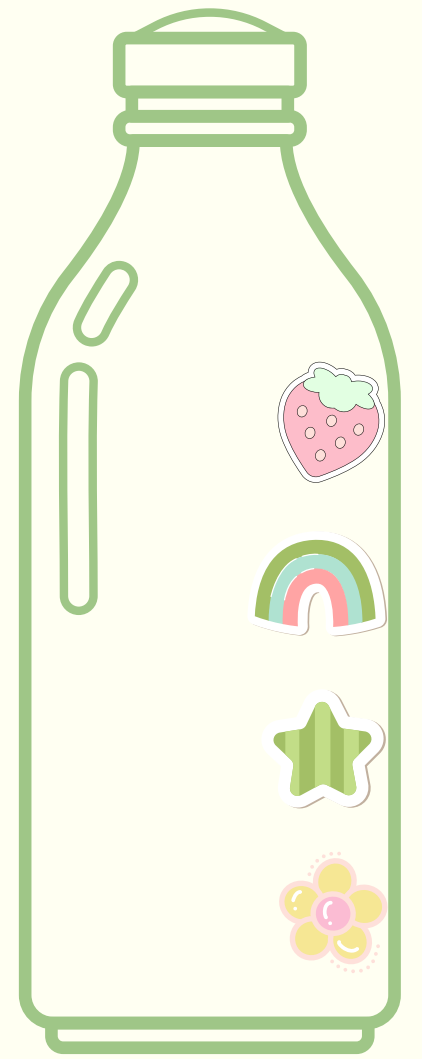


2 bottles done!

**MY  
STICKER  
CHART**



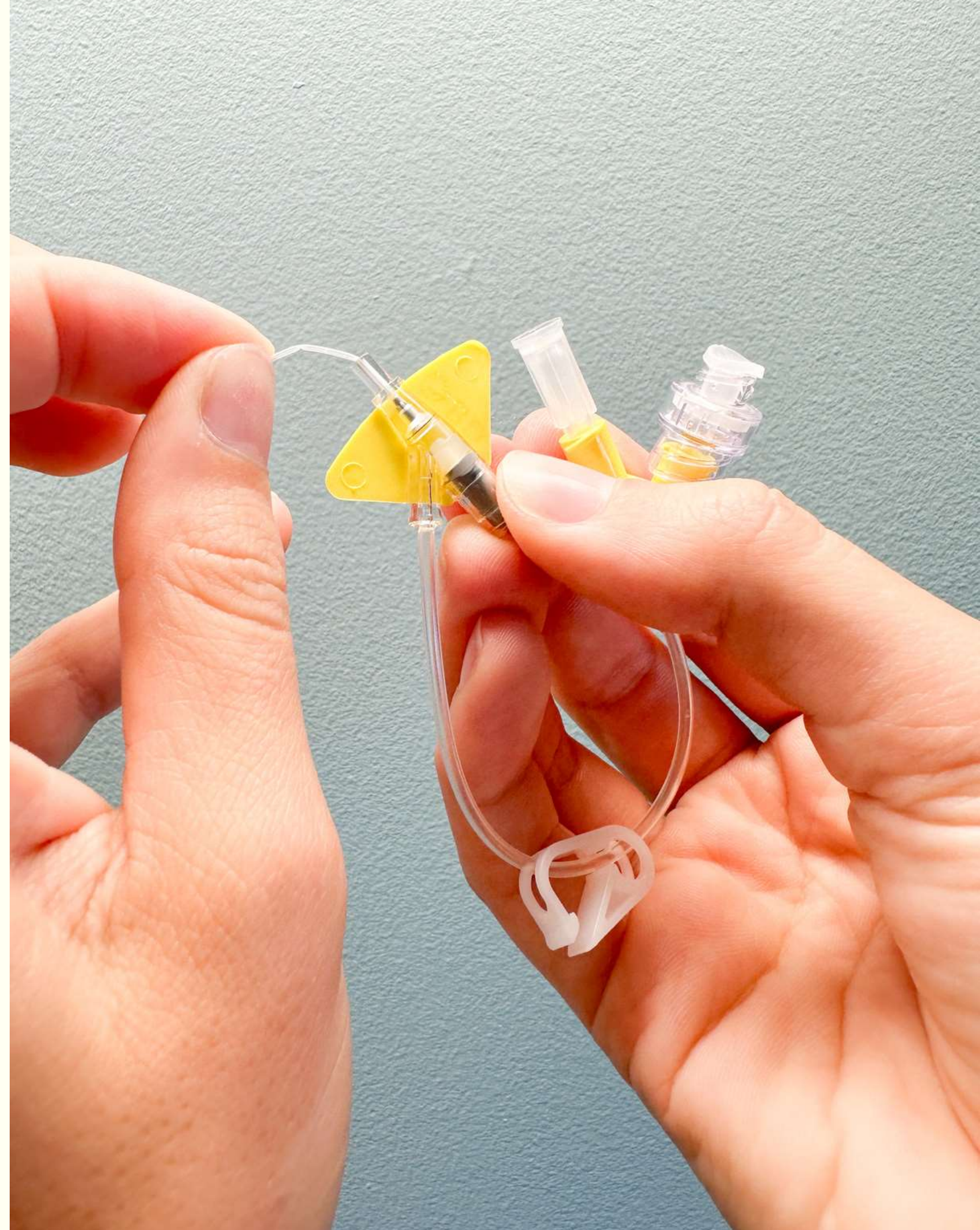
3 bottles done!



YOU DID IT!  
YOU SHOULD BE  
SO PROUD!



For my MRE, my body will need some medicine and more contrast through a little bendy medicine straw called an IV.







To get ready for my IV, they will look at my arm to find the right spot.

They will use a rubber band to give my arm a squeeze. Then, they will use a sponge to clean my arm.





There will be a quick poke to get the straw in the right place. The poke will come out and the straw will stay.





A sticker will help the straw stay in the right place. A medicine tube will attach to the straw like legos to give it a drink of water.





This is the MRI camera. It looks like a giant donut.





When it's time, I will lay on my belly on the MRI table. They may give me a pillow to rest my head on.

They will put a soft mat on top of my back to help them take pictures.





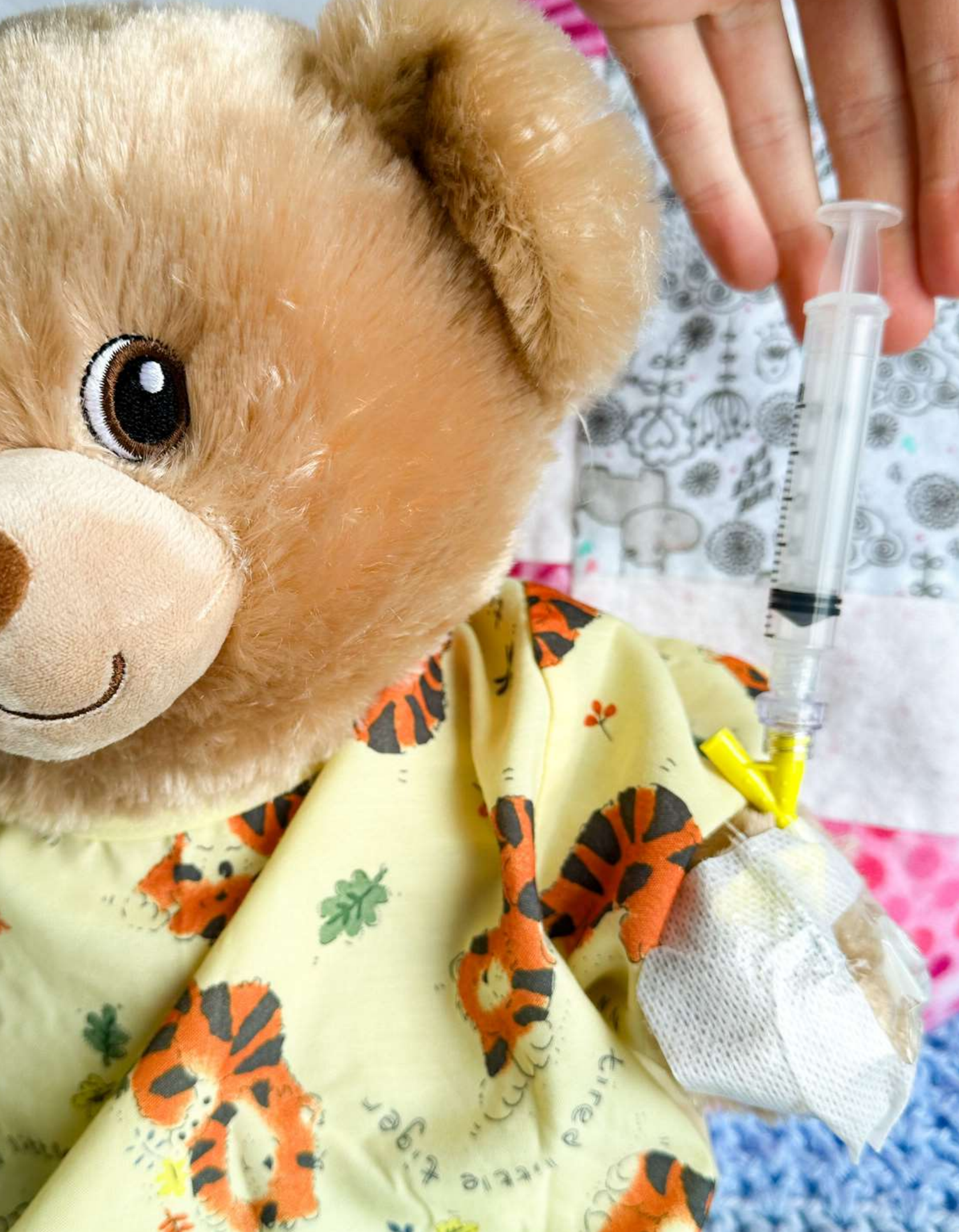
The table will move, but the MRI camera will not touch my body. My grown-up may be able to sit next to me.





The MRI machine will make big sounds. I will wear headphones. I can choose to listen to music during my MRE. I can tell the MRI Technologist what music I want.





During my MRE, they will attach a medicine tube to my straw to give my body medicine and contrast.





My job is to keep my body still, so the pictures come out clear. The MRI will tell me to take a breath, hold it, then breathe out.

The MRI takes pictures slowly. I can ask my MRI Technologist how long my MRE will be.



When my MRE is all done, I can go home.  
Everyone will be so proud of me!





Please contact our **Certified Child Life Specialist** team to learn additional ways to support your child before and during their hospital visit.

**Office Phone:** (603) 663-3416

*Please Note: Your child's plan of care may change from the steps listed, to meet your child's individual needs.*