



LIFE-DSR

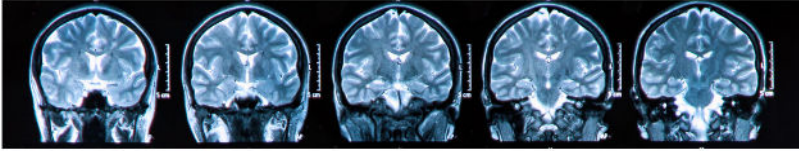
PARTICIPANT GUIDE



**Getting
Ready
for my
M.R.I.**



I am going to have a M.R.I. - a magnetic picture of my brain.
The picture is called a scan. A scan looks like this:



I will have the MRI scan at the hospital.

I will not have to stay overnight,
and my study partner will be with
me when we go to the hospital.

I have probably been to the
hospital before.



When I go to the hospital, I should wear comfortable clothes, like sweatpants or yoga pants.

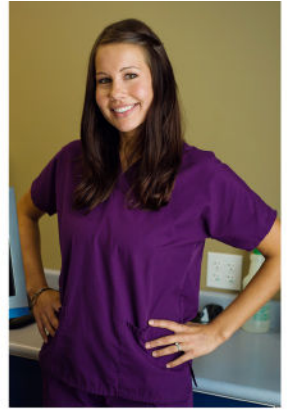
I cannot wear any clothes with metal on it, like a zipper.

I have to make sure I do not wear a watch or jewelry.

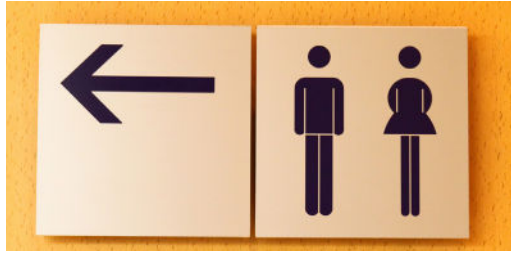


When it is time for my scan,
I will meet my “technician.”

A technician is the person who runs
the scanning machine and will help me
through my scan.



Before we can start the
scan, I have to complete a
very important task: time to
visit the bathroom!



Because the scanning camera uses magnets to take the
pictures, it is important that I do not bring any metal objects
into the room with the scanner.

I will give my eyeglasses, hearing aids, and any other metal
objects to my study partner to hold until I am done with the
scan.



The camera that will take magnetic scans does not look like a normal camera. Or like a phone camera...



The camera that will take magnetic scans is called a scanner.

The scanner is pretty big. Taller than most people, and round, with a hole in the middle, like a donut.

This scanner has a tray with a bed for me to lie on.
The tray moves so that my head is in the right position for the pictures.

When it is time, my technician will help me sit on the tray bed.

Then, I will lie down on the tray bed.

They will buckle me in to keep me safe.



They will ask me to wear headphones that go over my ears.

The technician will place a helmet over my head.

I can see through the helmet, and it won't hurt me.

It will help me stay still while the pictures are taken.



When I am comfortable, the technician will slowly move the tray toward the donut hole, where the camera is.
The technician will make sure I am in the right position.



Then the technician will walk into the next room, where their computer is.

They can still see me, and hear me, from there.

They will use their computer to instruct the camera.

The scanner will begin to make noise.



It is VERY loud. But I know it will not hurt me.

Sometimes, it will sound like a thumping washing machine.

Sometimes, it will make a loud buzzing or car horn sound.

I will remember to stay calm, keep still, and breathe in and out while the noise happens around me.

After each set of pictures are taken, I will have an “ear break” when the technician will talk to me through my headphones.



This will help me remember I am not alone. My technician can see and hear me.

I will stay lying down in the machine for 20-30 minutes.

When the scanner is done taking pictures, the tray will move slowly out of the donut hole.

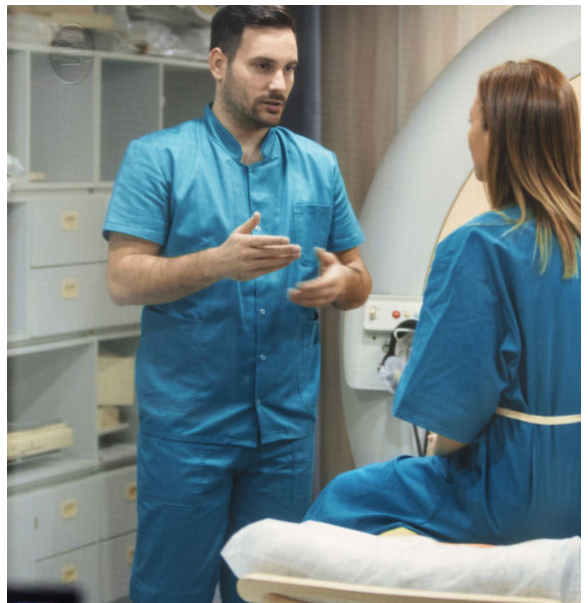


I will stay lying down until the helmet and headphones are removed by the technician.

It is important to follow instructions so I stay safe.

When I am out of the scanner, I will sit up very slowly and sit on the tray for 15 minutes until I can begin to stand up and walk out of the scanning room.

This will help keep me safe after my scan.



When my scan is over, I can celebrate with my team and my study partner!



THANK YOU!