

## Preparation in the Department

It is very important that you arrive at the time on your appointment letter. This is 60 minutes before your child's scan to give us time for all the preparation.

## What does the scan involve?

Once your child has had their feed and you think that they are settled into a deep sleep, we will ask you to lie your child on our scan bed. We will swaddle your child with a blanket to help them to keep still. We will place ear defenders and ear plugs over your child's ears to reduce noise. We will then position parts of our camera that help to take the pictures. Your child can have a dummy if required during the scan. You can stay in the room with your child for the duration of the scan.

## How long does the scan take?

The scan time itself varies (15-45mins) depending on what body part we have been asked to scan and how settled your child is. Your child needs to be still during the MRI and even the slightest of movements can give us 'blurry' pictures. We allocate a time slot of 60 minutes for your child's scan, so you can expect to be in the department for a minimum of 2 hours.

## What if my child doesn't sleep or wakes up during the scan.

### Can I try again on another day?

Yes. Sometimes children don't settle or may wake up during the scan. Some parents or guardians feel that the child would settle better at another time or may need more preparation. The Radiographer will discuss your individual case with you and the doctor who referred you for the scan and reappoint you for another attempt on another day to complete the scan.

## What happens after the scan?

You can go home, there are no side effects from having an MRI scan. Your child may still be sleepy after the scan so it's a good idea to bring a pushchair with you and a second person to help when it's time to leave.

## How will I get the results of the test?

The result will be sent to the doctor who asked for this test, normally within 7-10 days.

## What if I do not speak English?

If you need help with the English language please phone **0131 312 0896** as soon as possible and we can arrange an interpreter for you.

## For more information about the Imaging Department and your scan.

Please visit [www.children.nhsllothian.scot/the-rhcyp](http://www.children.nhsllothian.scot/the-rhcyp)

If you have any questions regarding your appointment or the Feed and Sleep scan preparation please contact the Imaging Department on the number on the front of this leaflet



**Come for your  
MRI Scan**

*Magnetic Resonance Imaging*

**Feed and sleep scan with Melatonin**

**At** The Imaging Department

**Place** Royal Hospital for Children  
and Young People  
Little France  
Edinburgh  
EH16 4SA

**Tel:** 0131 312 0896



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information about  
Scans and X-rays

# Information for parents and carers -

## MRI Scan – *Feed and sleep with Melatonin*

### What is an MRI scanner and how does it work?

Magnetic Resonance Imaging or MRI is a machine that takes pictures inside your body using a large magnet and some radio waves. It looks a bit like a tunnel or 'smartie' tube and has a comfortable bed which slides into the scanner that your child will lie on for their pictures. MRI is quite noisy so your child will be given ear protection during the scan. MRI does not use x-rays and there are no known side effects from having an MRI scan.

### What is an MRI feed and sleep scan with Melatonin?

Babies and young children can find it hard to stay still for an MRI scan as it can be quite loud and may need a general anaesthetic (GA) for scan. Instead of a GA we can use a technique MRI Feed and Sleep with melatonin. The combination of a child being hungry and very tired means they are likely to help them settle after having a feed and can sleep through the noise of the MRI scanner.

### What is Melatonin?

Melatonin is a natural hormone that we produce in the brain that is associated with sleep.

Please note: Melatonin is not a sedative and will not put your child to sleep. It only aids them in falling and staying asleep. Melatonin has no known side effects, although some children may experience an altered sleep pattern on the evening after their scan.

As older babies and children tend to sleep less throughout the day, and are more aware of their surroundings, it may be harder for them to fall into the deeper sleep needed for a successful MRI scan. We can therefore give your child a dose of Melatonin when they attend for the scan, which will make their brain think it is time to go to sleep. Our Radiologist prescribes Melatonin to babies and children over 6 months, it will be given to them orally (by mouth) in food, usually around 40 minutes before your child's scan time. Please bring something your child likes to eat eg. yogurt or chocolate pudding to which we can add the Melatonin.

### What are the benefits a Feed and Sleep scan compared to a GA scan?

Our GA waiting list is significantly longer than our Feed and Sleep with melatonin waiting list. (Please note that trying a feed and sleep scan will not affect your position on the GA waiting list). Your child would need to fast for a GA appointment, this can be difficult for small children to cope with and understand. An MRI scan with GA takes a lot longer (four to eight hours). With a feed and sleep scan, you will most likely be in and out of the department in just over 2 hours and your child does not need to fast.

# What Preparation is required ?

## Important safety information

Please complete the enclosed safety questionnaire for your child and return when attending for your appointment. As MRI uses a strong magnet, it may not be possible to have an MRI scan if your child has:

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|---|---|--|
| <ul style="list-style-type: none"><li>*A heart pacemaker</li><li>*Certain inner-ear implants</li><li>*Metal fragments within their eyes or head</li><li>*Surgical clips within their head</li><li>*Neuro-electrical stimulators</li></ul> | } | <ul style="list-style-type: none"><li>*some other implants e.g. artificial heart valves, orthopaedic implants or plate. (hip replacements are generally safe).</li></ul> |
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Please contact the MRI unit if you or your child have any of the above or have a programmable shunt.

### What preparation is there before the scan?

Most of the preparation for this scan is done by YOU at home.

Please read and follow these instructions on the day of your appointment.

- \* **Wake your child 1 hour before their normal wake time** on the day of their scan
- \* **DO NOT allow your child to go to sleep in the morning** to ensure they are ready to sleep when arriving for their scan. If your child has had a nap before the scan, even in the car on your way to the hospital, the chances of a successful scan are greatly reduced.
- \* On arrival at the hospital **do not feed or allow your child to fall asleep** until instructed to by a member of staff.
- \* Do not stop taking any prescribed medications. The scan will not effect the usefulness of the drug. If you have any questions about this please contact the department.

### What to bring with you

- \* Please bring a feed for your child – eg. yogurt, chocolate pudding, rice pudding etc. (please note, do not feed your child until instructed to by the staff).
- \* It is a good idea to have a second person with you for the appointment, to help keep your child awake when traveling to the hospital. It is also handy to have a pushchair to help to get home as your child may still be quite sleepy.
- \* You can bring a dummy, blanket comforter or teddy that your child normally sleeps with, we want your child to feel as “at home” as possible. (toy must not contain metal or batteries).

We understand that following these instructions can be challenging, if you have any concerns or questions please contact us - Imaging Department 0131 312 0896.