

What is an MRI urogram?

An MRI urogram measures how well the kidneys work. It also checks the structure of the kidneys, ureters (tubes that drain urine from the kidneys to the bladder) and bladder.

What do I do before the test?

Some children need sedation (medicine to make them sleep) for this test.

- If your child does NOT need sedation, they may eat and drink like normal.
- If our staff lets you know your child does need sedation, follow these guidelines.

Time before test	Foods and fluids allowed
8 hours before	Stop giving your child solid foods and unclear liquids (except formula). This includes anything you cannot see through, such as baby food, solid foods, baby formula and orange juice. Your child may have water, apple juice, infant electrolyte formula (Pedialyte or less costly store brand), sports drinks, gelatin and ice pops.
6 hours before	Stop giving your child formula.
4 hours before	Stop giving your child breast milk. They may have water, apple juice or infant electrolyte formula (Pedialyte or less costly store brand).
1 hour before	Stop all food and liquids. Food and liquids in the stomach can cause vomiting (throwing up). This can lead to choking and breathing problems while a child is asleep.

What will the test be like?

- Please go to the hospital registration area 2 hours before the test. This gives you enough time to register and gives us time to prepare your child for the test.
- After you register, a member of the care team will take your child to the Radiology area. The nurse or technologist will explain the test and answer your questions.
- Your child will then change into a hospital gown.
- The nurse will start an I.V. (a small plastic tube that goes into a vein) in your child's hand or arm.
 - The I.V. is used to give your child fluids and medicines before and during the test.
 - Your child will get fluids through the I.V. for about 30 minutes before the test begins.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

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- The nurse will put a soft, thin, plastic tube called a catheter into your child's bladder.
 - The catheter is placed in the urethra (tube that carries urine from the bladder to the outside of the body).
 - This tube is used to keep the bladder empty during the test.
 - If your child needs sedation, it may be placed after they are asleep.
- During the test, the nurse will give contrast medicine through your child's I.V. It allows the doctor to see the kidneys, ureters and bladder better.
- The test takes about 60 to 90 minutes. Your child will need to lie very still.

Are there any risks?

There is a small chance that your child may have an allergic reaction to the medicines. This can include hives, itching, sneezing, trouble breathing or other more serious problems.

Your child's doctor will talk with you:

- About the risks of contrast.
- About the risks of sedation if your child needs it.

A parent or legal guardian must be present to give permission (consent) for the test and the use of contrast or sedation.

What happens after the test?

- The nurse or technologist will give you instructions and tell you when your child can leave. If your child gets sedation, they will stay until they are awake.
- After the test, your child may eat and drink like normal unless the doctor tells you something different.
- The contrast will leave your child's body through their urine in 24 to 48 hours. The color of their urine should stay normal.

When do I get the results?

- The radiologist will look at the pictures and send a report to the doctor who ordered the test.
- The doctor who ordered the test will give you the results at your child's follow-up visit.
- You will receive a CD of your child's test before you leave. Take it with you to your child's follow-up visit.

How should I prepare my child?

Babies

You can help your baby feel more secure during the test if you:

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

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- Bring a special blanket, toy or pacifier.
- Comfort them with your presence and voice.
- Bring juice or formula to feed them **after** the test.

Toddlers and preschoolers

Young children can get anxious about tests. The best time to talk with them is right before the test.

- On the day of the test, tell your child that they will be getting some “pictures” taken so the doctor can help them feel better.
- Use simple words, and tell the truth.
- Let your child know that you will stay with them as much as possible.
- Bring a favorite book, toy or blanket.
- Bring a snack for **after** the test.

School-age children

School-age children have good imaginations. They may scare themselves by imagining something much worse than the actual test.

- One or 2 days before the test, tell your child that they will be going to the hospital to get some “pictures” taken.
- Use simple words, and tell the truth. Explain exactly what will happen.
- Let your child know that you will stay with them as much as possible.
- Bring a favorite book, toy or game to give them something to do while they wait for the test.
- Bring a snack for **after** the test.

This teaching sheet contains general information only. Talk with your child’s doctor or a member of your child’s healthcare team about specific care of your child.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.