

# Gerda, the Brave Giraffe!

Helping you and your child  
prepare for an MRI exam

MRI





# Hi there!

Welcome to your MRI book. Reading it can help you get ready for your MRI exam.



**JOIN IN!**

When you see this symbol, you can help the story along!

Whether tilting, searching, swiping or clapping, we invite you to actively join in.



This symbol lets you know there may be an audiobook or song available. Just scan the QR code to start listening!



**Hello! I'm Gerda, the little giraffe.**

I love to zip around the jungle all day  
so much, that my mom likes to say:  
"Gerda, will you just stay  
in one place for dinner today?"

She wants me to grow big and tall  
so she makes my favorite food of all.  
The thing I like most to help me grow  
is very yummy, green Jell-O®!





She has me taste  
the many things she bakes.  
But when she pulls out the pot  
I'm fixed to my spot.






Watching and waiting  
for the Jell-O she's making!  
She needs to watch and stir and stir.  
I race around the kitchen – in a blur.

Oh no, I am so delighted,  
I got overexcited!

I run into mom and her pearl necklace breaks.  
That was quite a big mistake.



A stylized illustration of a giraffe's head and neck. The giraffe has orange fur with large, irregular brown spots. A small blue dot is positioned near the top of its head, with a thin blue line extending downwards from it. The background is a solid light blue.

But mom just laughs and says with a smile,  
"Now, please slow down for a while!"

Now, finally! The Jell-O is ready.  
She spoons it out nice and steady!

But for a giraffe, I'm rather small.  
"Mom, I can't reach across the table," I call.



She can't hear me, but wait...  
Could you help me get to my plate?

**JOIN IN!**

Tilt the book  
to the right and  
move Gerda  
to her Jell-O.







Thank you, thank you!


I always knew, that I would have a friend like you!

My mouth is so messy, such a tasty delight.

It's all over my chin, on the left and the right.

**JOIN IN!**

*Wipe your hand  
over Gerda's  
mouth to help  
her clean it.*



You always know just what to do.  
Thank you for being you!

My friends and I play in the jungle and the trees.  
We move so fast. We fly like bees!

But suddenly it's not so funny.  
There's something wrong with my tummy.



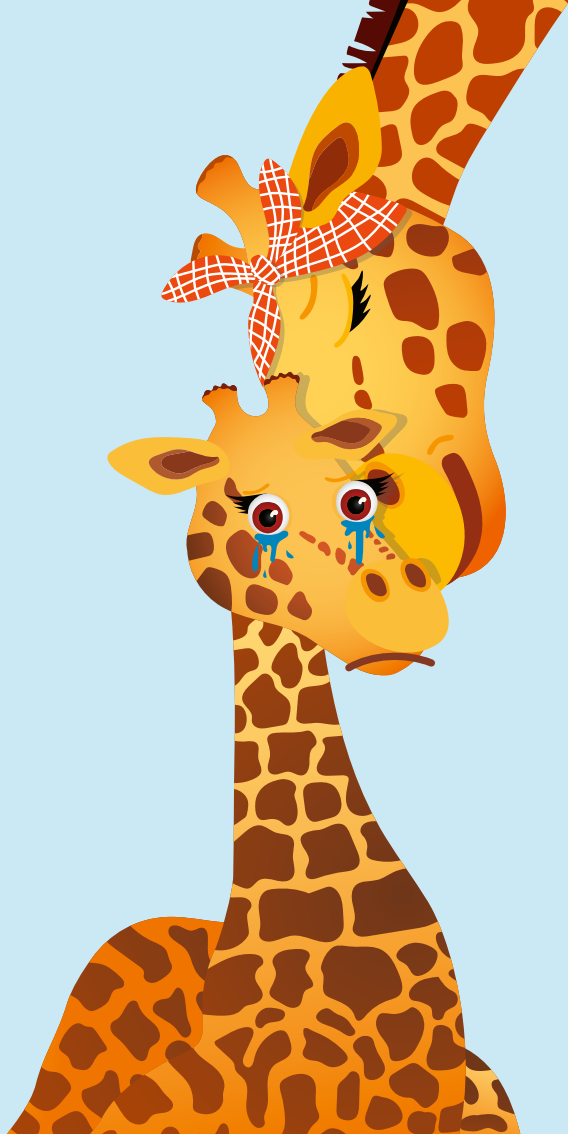


It hurts so much, it makes me cry.  
I need to find mom and ask her why.

**JOIN IN!**

Rub Gerda's  
tummy! Maybe  
then she'll feel  
better?

I see my mom and my tears start to fall.  
Did the pearls fall into the Jell-O after all?








My mom takes me to see Dr. Grape.  
She says he's a superhero without the cape.  
But Dr. Grape can't look inside my tummy with just his eyes.  
He says there is an M-R-I that provides  
the images that will be the key  
to fixing my tummy and helping him see.




It looks like a magic tube  
and doesn't hurt anyone,  
big or small.  
It'll be over in no time at all.



What is that cool thing?  
It shines like metal, like a silver ring.  
This magical tube, you see,  
lets Dr. Grape see inside of me.  
“Gerda, don’t be afraid! Trust me.  
Soon, you’ll feel better. You’ll see!”

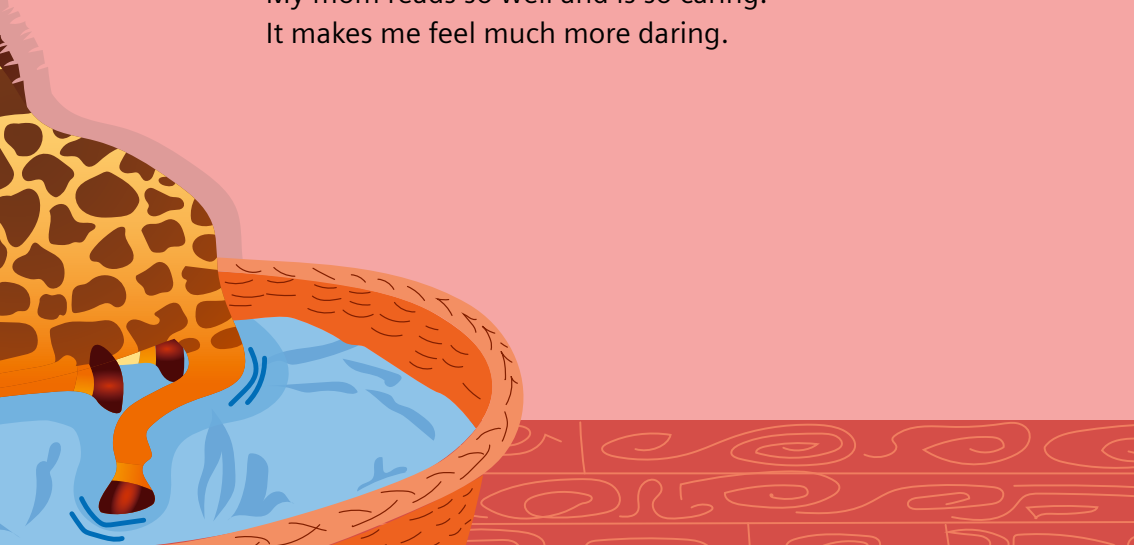






At home, mom reads me a book  
about the magic tube. Here, take a look.

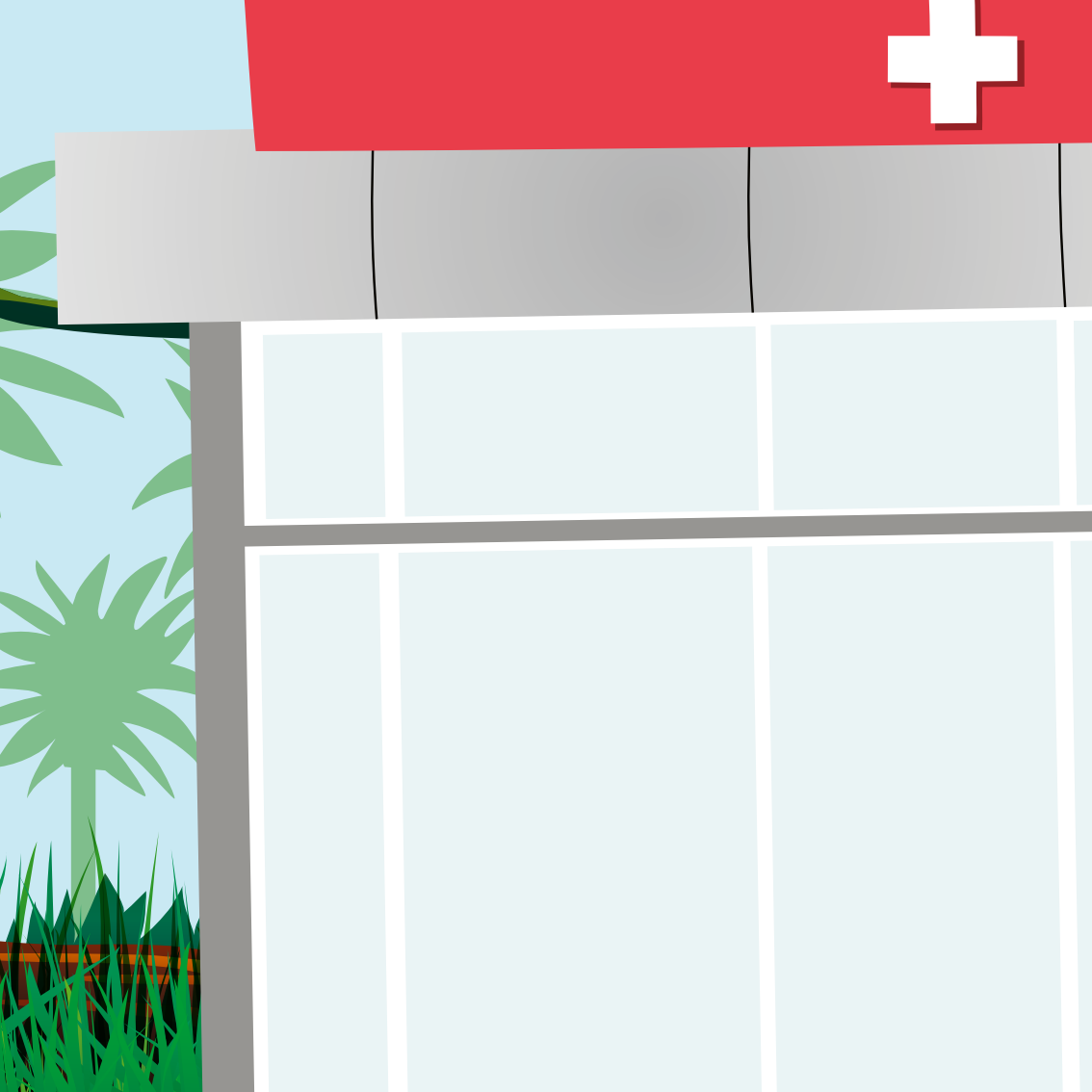
My mom reads so well and is so caring.  
It makes me feel much more daring.



The time has finally come, I know.  
Everyone is getting ready to go.

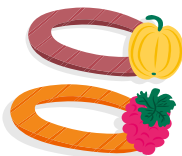
We're off to the hospital, to radiology.  
It's my first time. I can't wait to see!





No metal is allowed to go  
inside the magic tube, oh no!

It has a big magnet inside  
that attracts all metal  
from far and wide.







**JOIN IN!**

Everyone is wearing  
something that can't  
go in the magic tube.  
Can you spot the  
metal objects?







Now, it's time!  
I think, I'll be fine.

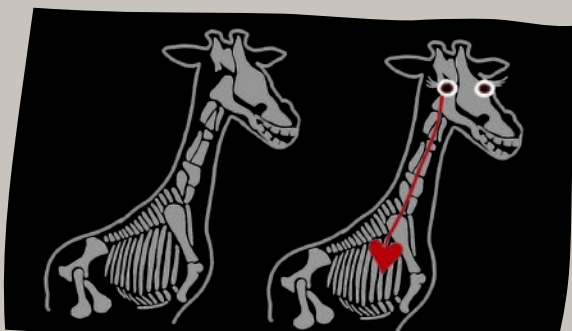


First, they give me contrast dye, a magic potion  
to see the organs even in motion.

Just one little pinch, but I'm not scared.

Dr. Grape is in the room with me, right there.

**Note:**  
In most cases, no  
contrast agent is  
necessary.





Tuki Toucan said the magic potion  
might feel a little like a cold ocean  
or maybe like liquid ice cream.  
He's right! I like to picture it, like a dream.







"Be brave Gerda," I say.  
"It's only one part of your day."



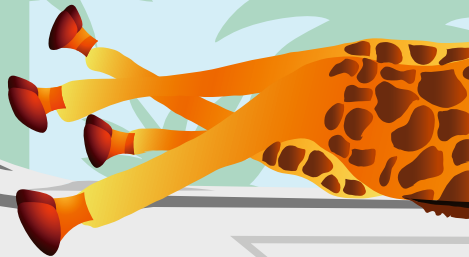
I lie still on the table  
for as long as I'm able.

Right away, the table moves  
into the magic tube.

Together, with my teddy,  
we are ready.

**JOIN IN!**

Swipe your hand to  
the right across the  
table to slide Gerda  
into the magic tube.



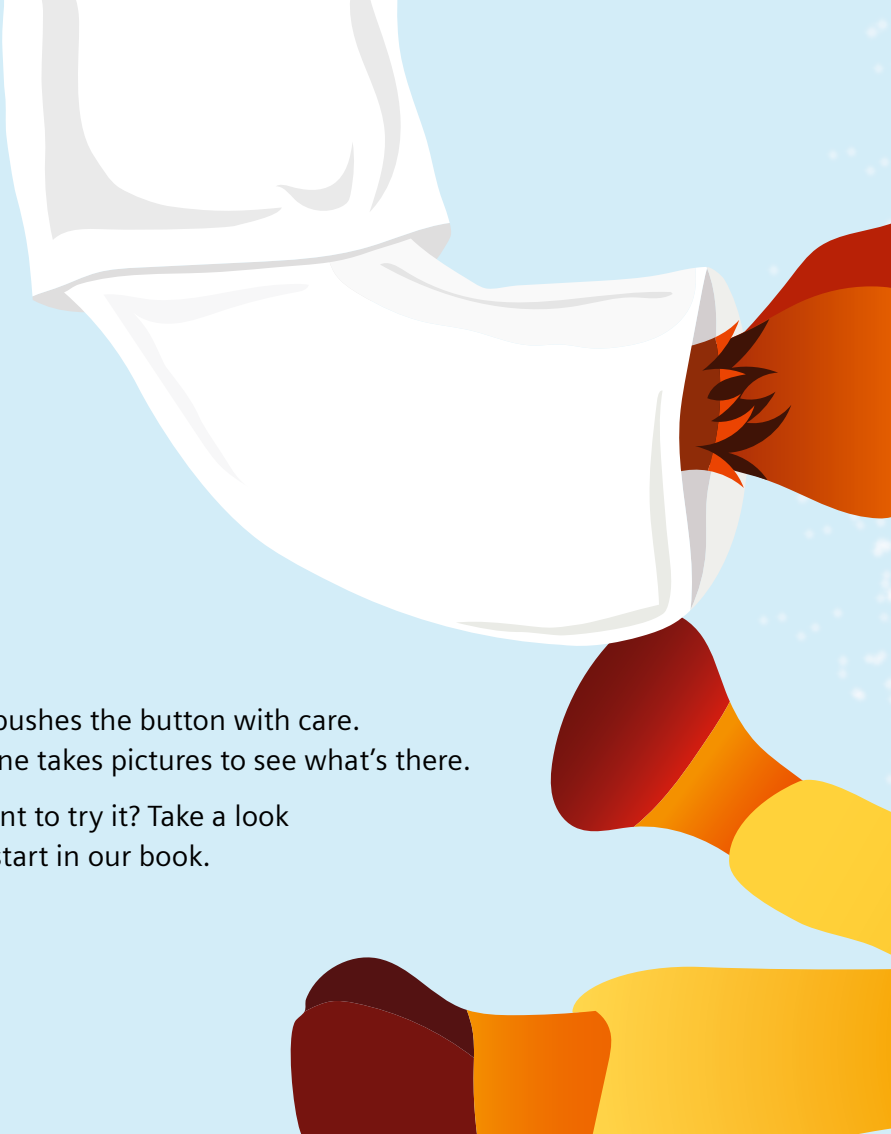


Inside, there's a lot of noise.  
I picture all the apes, playing with their toys.  
But my headphones protect my ears  
and the noises disappear.



They knock, drill, and hammer along  
while I listen to the magic song.



An illustration showing a white lab coat sleeve on the left. On the right, a hand wearing an orange glove with red accents is visible. Below the hand, there are two more orange gloves with red accents, one above the other. The background is a light blue sky with small white stars.

Dr. Grape pushes the button with care.  
The machine takes pictures to see what's there.

Do you want to try it? Take a look  
and push start in our book.



**JOIN IN!**

**Press the  
START button!**

I stay very still and try not to turn.  
Sometimes I hold my breath, the way I learned.

Teddy makes me feel brave and strong  
and that helps me not move for so long.

Inside the magic tube, I'm quiet as a mouse.  
I imagine adventures in the jungle  
near my house.







Scan the QR code &  
start listening!

Hurray! The pictures are done.  
I can get out of the tube and have some fun.

I see the pictures, which are so clear!  
They make so many details appear.

We're looking inside my tummy  
and we can see mom's pearls – not so yummy!





**JOIN IN!**  
Can you find  
the pearls  
in Gerda's  
tummy?



Dr. Grape says I'm so brave.  
He gives me a medal I can save.

**JOIN IN!**

Applause  
for Gerda!  
Let's clap  
for her!







The doctor says the pearls will come out on their own  
when I sit on the toilet inside our home.

So mom and I go back to the jungle  
and when the pearls come out, she lets me tumble.

With my friends, I jump and run  
and soon get back to our usual fun.







**For parents**

# **An explanation of your child's MRI examination**

The purpose of this book is to help children and their parents better understand how MRIs work and get ready for their exams.

## What is an MRI?

Magnetic resonance imaging (MRI) is often used to see internal organs. Unlike other imaging exams, MRIs use a magnetic field and radio waves. As a result, there is no radiation exposure. The MRI scanner itself is a large tube that is open at both ends.

Once the patient lies down on the table, they are moved into the tube. They don't feel the magnetic field or the radio waves. There are no moving parts around the patient.

What the patient will experience is some noises that are loud but harmless. To protect the patient's ears, they will receive headphones or earplugs in advance. In some instances, patients can listen to music, an audiobook, or a video.



The background of the page is a stylized illustration of a jungle. It features several palm trees in shades of light green and yellow. A blue toucan with a large beak is perched on a branch in the upper right. In the lower left, the back and tail of a yellow animal, possibly a monkey or a small elephant, are visible. The ground is covered with green grass.

## How does an MRI work?

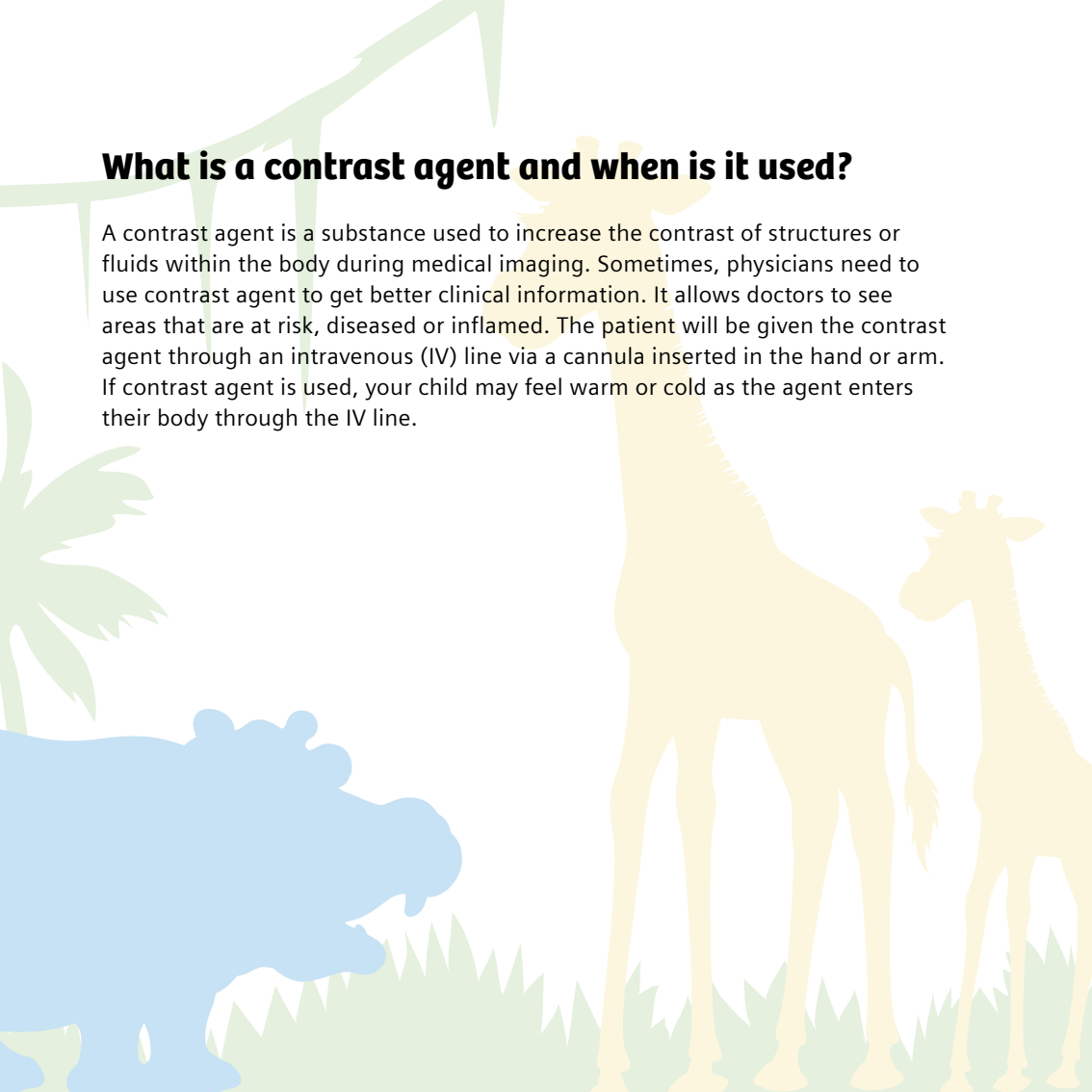
To explain how an MRI works, we first have to look at the smallest parts of the body. The hydrogen atoms in the human body are made of a nucleus and a shell.

The magnetic field from the MRI causes the nuclei of these atoms to arrange themselves like little magnets. Then, the radio waves from the MRI steer the nuclei out of their positions. When the radio waves are shut off, the nuclei jump back to their original positions. This creates a measurable signal.

With a computer, these signals are converted into numbers that can be seen as shades of gray on the MRI images. Disease tissue is a different shade of gray than healthy tissue. This is how radiologists identify the affected areas.

## **What is a contrast agent and when is it used?**

A contrast agent is a substance used to increase the contrast of structures or fluids within the body during medical imaging. Sometimes, physicians need to use contrast agent to get better clinical information. It allows doctors to see areas that are at risk, diseased or inflamed. The patient will be given the contrast agent through an intravenous (IV) line via a cannula inserted in the hand or arm. If contrast agent is used, your child may feel warm or cold as the agent enters their body through the IV line.



## **How long does an MRI take?**

It depends on the part of the body that is being examined. Most exams take between five to 60 minutes. To create good images, it's important that the child lie still and move as little as possible. If it's difficult for the child to remain still, they may be given a sedative.



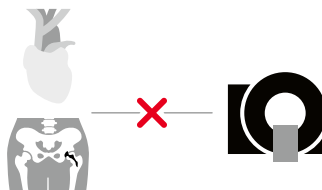
# Reminders for your MRI exam

## *Before your exam*

- 1 Remember to communicate any concerns to your physician or technologist before you make the appointment.

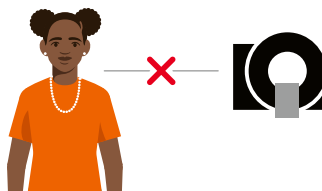


- 2 Be sure your referring physician is aware of any metal in your child's body (e.g., implants, cardiac pacemaker, stents, fixed braces).



## *On the exam day*

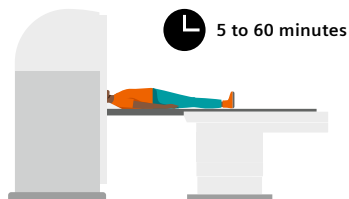
- 1 Remove all metal objects (such as piercings, jewelry, glasses, hearing aids, underwire bras).



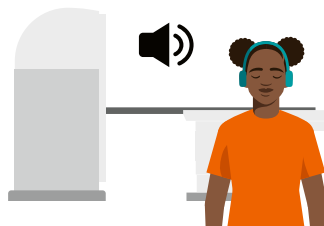
- 2 Make sure your child understands they need to remain as still as possible.



- 3 The exam will likely take between five to 60 minutes. Contrast exams may take longer. If a contrast agent is used, the patient will get an IV line. During the exam, the area near the IV may feel warm or cold as the agent runs in.

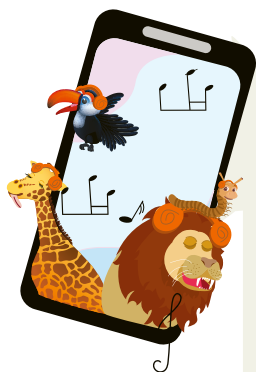


- 4 Patients are given hearing protection due to the machine's loud knocking noises. For some patients the tunnel may feel confining. Often people feel better if they close their eyes during the exam.



# The most important points, in brief

An MRI examination is a safe and effective method to identify of illnesses and changes in the body, so the best possible treatment can be provided.



Scan the QR code  
& start listening!





## **Tips for a positive experience**

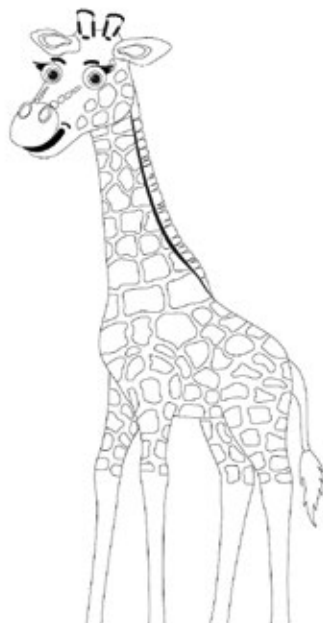
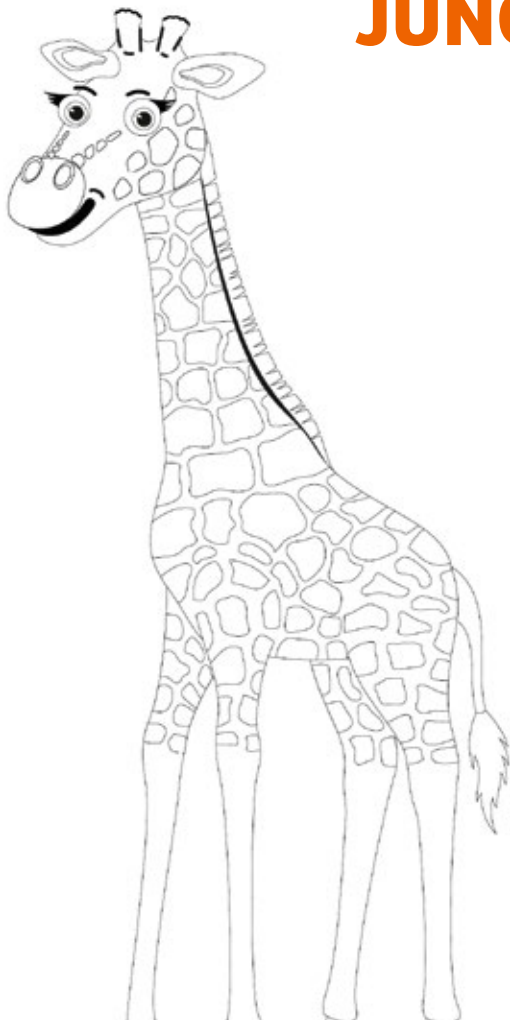
1. Wear comfortable clothing. Children should wear clothes without metal buttons, zippers, or decorations that contain metal.
2. Bring a favorite stuffed animal (without metal parts).
3. Ask if audio books or music you bring with you can be played during the exam.
4. Be sure to follow instructions regarding eating and drinking before the exam.
5. Parents, be confident and relaxed. Your attitude will rub off on your child.
6. Praise your child after the exam.





# JUNGLE WORLD

to color

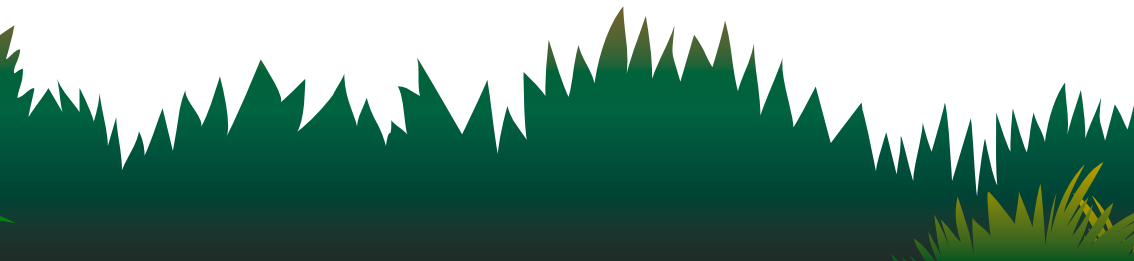




A dark green branch with several long, thin, yellow-green leaves hanging down from it, positioned in the upper left corner of the page.

# JUNGLE WORLD

for stickers







MRI scanning has not been established as safe for imaging fetuses and infants less than two years of age. The responsible physician must evaluate the benefits of the MR examination compared to those of other imaging procedures.



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