

Ultrasound examination of the child's abdomen

How to prepare for the examination?

Children under 2 years of age

You can feed your under two years of age child solids and liquids normally before the examination.

Children 2 years of age and older

The day before the examination

Dietary:

- Please choose for your child low-fibre foods, preferably only liquids and broths. Meals can be about 100 grams of fish or chicken with rice. In addition, e.g. meat broth, berry juice (Finnish: mehukeitto) and white breads are suitable.
- Drinks that are suitable are: water, juice, clear soft drinks, tea and coffee (without milk).
- You can increase your daily energy intake with fibre-free supplements available from your pharmacy
- Foods containing fibre are **prohibited**. Drinks and berry juice (Finnish: mehukeitto) containing fruit flesh or seeds should not be drunk.
- Chewing gum is prohibited.

On the day of the examination

- Four hours before the examination, the child may not eat anything, but may drink water or juice.
- The bladder should be as full as possible during the examination, and therefore emptying the bladder must be avoided before the examination.

How is the examination done?

You can bring the child's favourite toy to the examination. It is good to mention to the child that it will be dark in the examination room at the time of examination. Before coming to the examination, you can role-play the examination situation together at home, for example with a doll. The study does not require any other preparations. If the child is afraid of the examination, it is good to tell her/him that the examination will not hurt at all.

In the examination, a suitably warmed lubricating gel is applied to the child's skin and the probe is moved on the skin over the area to be examined

During the examination, the Radiologist may give breathing instructions to make the area to be examined more visible.

The examination usually takes 10 to 30 minutes. Please be aware that our department also conducts other emergency on-call examinations, therefore your examination time might vary.

What about after the examination?

The examination does not require follow-up. The child can eat and drink normally.

The referring unit, outpatients department or Health center is responsible for reporting the results of the examination and possible follow-up actions.