

This instruction is intended for our patients who are in a care relationship

The Wellbeing Services County of South West Finland

Turku University Hospital

Urinary tract imaging

How to prepare for the procedure?

This procedure requires bowel emptying. The required laxative is Laxoberon (drops or capsules), which you can buy from a pharmacist without a prescription.

The day before the examination

- 7 a.m.: take 1 dose of 10 drops of Laxoberon mixed with a small drop of water or two capsules. The laxative speeds up bowel function and causes bowel emptying. Emptying begins within 2 to 3 hours of taking the medicine.

Dietary:

- Please choose 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), 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 containing fruit flesh or seeds should not be taken.
- Smoking and chewing gum are prohibited.

Please drink plenty of fluids during the day. A suitable amount is about three litres.

- **1 p.m.:** take 1 dose equal to 10 drops of Laxoberon mixed with a small drop of water or two capsules

On the day of the procedure, before the examination

- Do not eat.
- You can take your mandatory medications with water.
- Milk, juice and other beverages as well as tobacco and chewing gum are prohibited prior to the examination.

How is the procedure done?

A Radiographer takes x-rays of the abdominal area while lying on your back on the imaging table.

What about after the procedure?

The examination takes about five minutes, but it's good to set aside more time for the visit to the x-ray department. Urgent on-call examinations are also carried out from the ward, so your start time may be delayed.

After the examination, you will be able to eat and drink normally. You will receive the test results from the referring doctor.