

General x-ray of a child's lumbar spine under 20 years of age

Patient Instructions

How to prepare for the procedure?

A child under one year of age does not need to be prepared for the examination.

Preparations for children 1 to 2 years of age

- On the morning of the examination, the child is not allowed to eat, but may drink water or juice.
- If your child has not defecated on the morning of the examination, give him/her a Microlax enema.

Preparations for 2 to 20 year olds

The day before the examination

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 and berry juice (Finnish: mehukeitto) containing fruit flesh or seeds should not be drunk.
- Chewing gum is prohibited.

On the morning of the procedure Please do not let your child eat, but she/he may drink water or juice.

Intestinal emptying

The laxative Laxoberon® speeds up bowel function. Give it to the child orally the day before the test, both in the morning and in the afternoon:

- For 2-3 year olds, 5 drops mixed with water
- For 4-10 year olds, 10 drops mixed with water
- For over 10 year olds, 15 drops mixed with water

Emptying will begin after 2-6 hours.

On the morning of the examination, Microlax® enema for 2 to 20 year olds should be given approximately one hour before the examination.

How is the procedure done?

The examination usually takes two pictures while the child is lying on the examination table. If the child is afraid of the examination, it is good to tell her/him that the examination, will not hurt at all.

What about after the procedure?

The referring unit is responsible for reporting the results of the procedure.