

PLEASE READ THE INSTRUCTIONS CAREFULLY! You have received a referral for an examination examination's box checked

| | |
|---|---|
| <input type="checkbox"/> Conventional bone and lung examinations are performed without an appointment. | <input type="checkbox"/> Appointment booking for urgent ultrasound or mammography exams only by phone 09 471 80900 |
| | <input type="checkbox"/> All appointments for children under age of 16 only by telephone. |

APPOINTMENTS ONLINE [maisa.fi](https://www.maisa.fi)

- You can make a reservation for examinations listed below by telephone as well.

| | |
|---|--|
| <input type="checkbox"/> Abdominal ultrasound examination <ul style="list-style-type: none"> Do not eat for 3 hours before the examination. Do not chew chewing gum, or drink carbonated drinks on the examination day. Take your prescribed medication as instructed. Drink plenty of fluids. Your urinary bladder should be full when you arrive to the examination. If you have a urinary catheter, close it 2 hours before the examination. | <input type="checkbox"/> Ultrasound examination of the lower abdomen <ul style="list-style-type: none"> Drink 1 liter of water or juice 2 hours before the examination. Do not urinate after drinking the liquid. If you find it difficult to hold urine for that long, you can arrive at the X-ray unit an hour before the scheduled examination to drink. If you have a urinary catheter, close it 2 hours before the examination. |
| <input type="checkbox"/> Ultrasound examination of the upper abdomen <ul style="list-style-type: none"> Do not eat or drink for 3 hours before the examination. Do not chew chewing gum, or drink carbonated drinks on the examination day. Take your prescribed medication as instructed. | <input type="checkbox"/> Urinary bladder ultrasound, residual urine measurement with ultrasound <ul style="list-style-type: none"> Drink plenty of fluids. Your urinary bladder should be full when you arrive to the examination. |

Further information about the examinations and patient instructions <https://www.hus.fi/en/patient/treatments-and-examinations/patient-instructions-laboratories-and-imaging>

The treating unit will inform you of the results. The booking service does not provide test results. A fee may be charged if you do not attend or cancel the appointment.

APPOINTMENTS BY TELEPHONE 09 471 80900 Mon–Fri from 8 am to 3.30 pm

- You can make a reservation for examinations listed below **only** by telephone.

| | |
|--|---|
| <input type="checkbox"/> Abdominal ultrasound examination – children <ul style="list-style-type: none"> A child under the age of 2 may eat as usual. A child over the age of 2 is not allowed to eat for 4 hours before the examination. The child may drink water or noncarbonated juice as usual. The child's urinary bladder should be full when you arrive to the examination. | <input type="checkbox"/> Urinary tract ultrasound – children <ul style="list-style-type: none"> Give the child plenty of fluids to drink before the examination. The child's urinary bladder should be full when you arrive to the examination. The child should feel the urge to pee. However, they are not allowed to pee until after the examination. |
| <input type="checkbox"/> Upper abdominal ultrasound – children <ul style="list-style-type: none"> A child under the age of 2 may eat as usual. A child over the age of 2 is not allowed to eat for 4 hours before the examination. The child may drink water or noncarbonated juice as usual. | <input type="checkbox"/> Mammography and breast ultrasound for patients under the age of 35 <ul style="list-style-type: none"> Requires no preliminary preparations Please bring earlier mammogram images if mammography has been performed elsewhere than at HUS hospital. |
| <input type="checkbox"/> Lower abdominal ultrasound – children <ul style="list-style-type: none"> Give the child plenty of fluids to drink before the examination. The child's urinary bladder should be full when you arrive to the examination. The child should feel the urge to pee. However, they are not allowed to pee until after the examination. | <input type="checkbox"/> Examination of scoliosis and the mechanical axis <ul style="list-style-type: none"> Requires no preliminary preparations No appointment booking for the hospitals in Hyvinkää, Porvoo and Raasepori. |
| | <input type="checkbox"/> Bone density test <ul style="list-style-type: none"> In the morning of the examination day, do not take the following: calcium supplements, iron supplements, medicines for osteoporosis. The examination must be postponed, if you have had a contrast or isotope scan within 2 weeks before the examination. For patients in Hanko, Helsinki, Inkoo, Kerava, Raasepori, Sipoo, Vantaa and Porvoo. |