

Lumbar spine X-ray

Information for Patients

How to prepare?

A day before the examination:

- Follow a light, easily digestible diet (do not eat vegetables, fruits, whole-grain bread, yoghurt).
- Do not drink carbonated drinks.
- Take a laxative and antiflatulents; these are over-the-counter medications available at pharmacies. Take all medications according to the instructions in the leaflet, unless your doctor advises otherwise.

On the day of the examination:

- Arrive on an empty stomach or at least 6 hours after the meal.
- Wear comfortable, preferably two-piece clothing for the examination.
- Do not wear jewelry or clothing with metal elements (such as zippers) as they will need to be removed during the examination.

What to bring?

- A valid referral in paper with the doctor's signature and stamp or an electronic referral number (e-referral).
- Results of previous diagnostic tests (reports + CDs), as well as hospital discharge summaries (if the hospital stay was related to the current examination).
- An ID card (for minors, a child's health record book will be required).

Are there any contraindications?

- Yes. This examination is not performed if you are pregnant.

For women of childbearing age, X-rays are performed within the first 12 days of the menstrual cycle (unless the doctor decides otherwise) to eliminate the risk of complications for a potential pregnancy.