Colon Transit Study

About the test

The colon transit study is an x-ray test to check how well food moves through your lower digestive tract, also called your colon. You may hear staff call this test sitz or sitz marker. This test is done to check for possible causes of constipation.

During the test

You will need to make two separate visits for this test.

Visit 1:

In the Radiology Department, you will be given a gelatin capsule, called a Sitzmarks Capsule. The capsule contains small plastic pieces, called markers, that can be seen on x-rays.

The capsule dissolves and the small plastic pieces, like pieces of food, will move through your digestive tract and colon. The plastic pieces will come out in your stool and are not harmful to you. You do not need to check your stool for the pieces.

How to take the capsule:

- Take the capsule with a glass of water. It is best to take the capsule in the morning or early afternoon. The day you take the capsule is considered day “0”. You will return on day “5” for X-rays of your abdomen. (See schedule on back)

- **Take the capsule on days Wednesday through Sunday only. Do not take the capsule on a Monday or Tuesday.** X-rays cannot be taken on Saturday or Sunday.

- Do not take any laxatives, enemas, or suppositories until the x-ray part of the test is finished in 5 days.

Visit 2:

Return to the Radiology department **5 days later after swallowing the capsule.** During this visit, x-rays are taken of your abdomen and colon to see where the small plastic pieces have moved.

Based on where the pieces have moved and how many there are, the test will show how well your digestive tract is working.
Instructions for the study

• Take the capsule by mouth with a glass of water in the morning or early afternoon. Take the capsule on Wednesday through Sunday only.

• Use the schedule as a reminder of your return visit date (Visit 2) for follow up. Mark the box below for your scheduled test:
  - Take the capsule on Wednesday then return on Monday.
  - Take the capsule on Thursday then return on Tuesday.
  - Take the capsule on Friday then return on Wednesday.
  - Take the capsule on Saturday then return on Thursday.
  - Take the capsule on Sunday then return on Friday.

After the tests

The radiologist, a doctor who specializes in radiology, will study your x-rays and send a final report to the doctor who ordered the test. If this was not your primary care doctor, you may request a copy of the report to be sent to him or her.

If you have any questions or concerns, please call 614-293-4333. Radiology Scheduling will connect you to a qualified staff member who will answer your questions.