

Patient Information

## Radiology

# Colonic transit study

You have been advised by your hospital consultant to have a colonic transit study. This leaflet will explain what the examination involves.

It may not answer all your questions. If you have any queries or concerns, call the telephone number on your appointment letter.

If you feel unhappy with any part of your care, please ask to speak to the Superintendent Radiographer.

You will need to begin your preparation for the examination 7 days (the Saturday) before your appointment the following Friday.

**Please read this leaflet carefully to make sure you successfully prepare for the examination.**

Do not take the capsules before contacting the X-ray Department if your weight is equal to or more than 200kg / 31.5 stone. You may need an alternative examination.

## Points to remember

- Please refer to the preparation section of this leaflet if you regularly take laxatives. You will need to stop taking them as directed.
- If you are on medication from your doctor other than laxatives, please continue to take it as normal.



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### What is a colonic transit study?

A colonic transit study is a special X-ray examination. It assesses the time it takes for food to travel through your digestive system.

### Preparation

There is no need for you to make any change in your diet. Please eat and drink normally.

Do not take any laxatives before or during the study.

You should take the enclosed capsules as instructed below:

Day	Date	Action
<b>Saturday</b>		If you regularly take laxatives, stop from today until after your X-ray appointment on Friday
<b>Sunday</b>		Please take the two capsules labelled 1 with a glass of water at breakfast time
<b>Monday</b>		Please take the two capsules labelled 2 with a glass of water at breakfast time
<b>Tuesday</b>		Please take the two capsules labelled 3 with a glass of water at breakfast time
<b>Friday</b>		Please come to UHCW X-ray department at 10am

### Risks of procedure

X-rays are a type of radiation. We are all exposed to natural background radiation every day of our lives. This comes from the sun, food we eat, and the ground.

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Exposure to X-rays carries a small risk. Your doctor feels that this risk is outweighed by the benefits of having the test. We will take all safeguards to minimise the amount of X-rays you receive.

### **Safety**

Patients aged 12 – 55 years – the risks of radiation are slightly higher for an unborn child. You will be asked to confirm that you are not pregnant before the examination can proceed.

### **What will happen when I arrive?**

- On arrival at the Radiology / X-Ray Department, please report to the reception desk. Once you have been registered, you will be directed to the General X-ray waiting area.
- You will be asked to undress in a private changing cubicle and put on an examination gown. Please feel free to bring your own dressing gown to wear over the X-ray gown.

### **During your examination**

- You will be taken into the X-ray room where the examination will be explained to you, and you may ask any questions that you have.
- You will be asked to lie down on your back on an X-ray table and a radiographer will take an X-ray image of your abdomen (tummy).

### **Colonic transit study**

- The enclosed capsules contain different shaped radio-opaque markers (they show up on X-ray images). The markers are harmless and pass through your digestive system with your food.
- Swallow the different shaped markers as instructed over the three days and wait until the Friday before attending for your abdomen X-ray. This enables the radiologist (X-ray doctor) to assess the transit time of your bowel and if this may be contributing towards your symptoms.

## After your examination

- The markers will pass out of your body along with your normal food.
- If you have any problems after the examination, please see your GP.

## How do I get the results?

The results will not be given to you immediately. They will be sent to the doctor who referred you for this examination.

## Other sources of information:

For information about the effects of X-rays, read the NRPB publication: “X-rays how safe are they?” on the British Institute of Radiology website: <https://www.bir.org.uk/useful-information/x-rays-and-their-safety.aspx>

Please note that the views expressed in these websites do not necessarily reflect the views of UHCW NHS Trust or the NHS.

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact the number on your appointment letter and we will do our best to meet your needs.

The Trust operates a smoke free policy.

## Did we get it right?

We would like you to tell us what you think about our services. This helps us make further improvements and recognise members of staff who provide a good service.

Have your say. Scan the QR code or visit:

[www.uhcw.nhs.uk/feedback](http://www.uhcw.nhs.uk/feedback)



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## Radiology Department

### Colonic Transit Safety Questionnaire

Name	Signature	
Address	D.O.B	
Hospital No.		

Is there any possibility you may be pregnant? Yes  No

If you have ticked Yes to the above question do not take any of the Colonic Transit preparation capsules enclosed in this pack. Please contact the telephone number on your appointment letter to re-arrange this examination.

### Radio-opaque Marker Capsules

Have you received the following Radio-opaque Marker capsules as part of the Colonic Transit Study Information Pack?

Yes  No



If Yes, have you followed the instructions in the information pack and taken these capsules as instructed?

Yes  No

If you have ticked Yes to the above question, can you please fill in details below of when and how many capsules you have taken

Day	Date	Action	Yes	No
Saturday		If you take laxatives, have you stopped them today		
Sunday		Have you taken 2 Capsules labelled 1 on this day		
Monday		Have you taken 2 Capsules labelled 2 on this day		
Tuesday		Have you taken 2 Capsules labelled 3 on this day		