

COLONIC TRANSIT STUDY

What is a colonic transit study?

This is a test which shows how quickly food passes through the digestive system. You will be given a pack of transit pellets which you will need to take over a period of six days then come for your x-ray on day 7.

- **ONE A DAY ON DAYS 1-5 (YOU WILL TAKE THE FIRST ONE IN THE DEPARTMENT).**
- **TWO CAPSULES 12 HOURS APART ON DAY 6.**
- **DAY 7 IS WHEN YOU WILL ATTEND FOR YOUR X-RAY.**

PLEASE SEE ENCLOSED BOOKLET ON TAKING YOUR TRANSIT PELLETS CORRECTLY.

What are the benefits of having a colonic transit study?

This test is needed to show if there are any problems with the digestive system which are causing food to pass too quickly or too slowly through your bowels.

Any there any risks in having a colonic transit study?

There are the usual slight risks associated with X Radiation.

Female patients of child bearing age will be asked about their period dates to ensure that they are not pregnant.

All X-ray procedures involve exposure to radiation in varying amounts. We are all exposed to small amounts of radiation from the atmosphere throughout our lives. Any amount of diagnostic radiation can add slightly to the normal risk of developing cancer. In all X-ray examinations, the amount of radiation is kept to the minimum necessary. Unfortunately, one in three of us are liable to develop a cancer at some stage during our lives, so the added risk from this test is very small indeed. This risk has to be balanced against the benefits you may achieve by having the procedure.



How long will I be in hospital for?

You will come to the x-ray department on day 1 and the procedure will be explained to you, which will likely take around 30 minutes, after which you will take your first capsule.

Before the examination:

DO NOT take any laxatives 3 days prior to the test.

DO NOT take any laxative medicines throughout the duration of the test.

IF YOU ARE DIABETIC:-

- Do not come alone. Have a responsible person to accompany you.
- Bring your medication and appropriate food with you.
- You may contact the Diabetic Specialist Nurse for further advice on your diet/medication on 0161 922 6443.

What happens when I arrive in the department?

A member of staff will check your details and if necessary amend them.

What happens during the examination?

You will arrive in the department on day 1 of your test. The test will be explained to you and there is also a booklet guide enclosed which you must read. On day 1 you will take your first capsule in the department and you will take the remaining capsules home and take one capsule every day in the morning at the same time apart from day 6 when you will take two, one in the morning and one in the evening (12 hours apart). **TAKE THE CAPSULES WITH THE CORRESPONDING NUMBERED DAYS.** On day 7 you will come back to the department for your x-ray at a specified time.

What happens after the examination?

After the examination, eat and drink as you would do normally.

How will I get my results?

The results will be sent to the doctor who sent you for this examination and you can discuss the report with them when you next visit. An appointment will be



sent to you if you came as out-patient. If your GP sent you, you need to make an appointment to see them about two weeks after the examination.

Who should I contact if there is a problem following my examination?

For advice, telephone Ground Floor X Ray on 0161 922 6426 during the hours of 9.00am to 5pm, Monday to Friday. Out of hours telephone your GP.

Are there any alternatives?

Your doctor has decided that this is the appropriate examination/ procedure for your condition. Any alternatives should have already been discussed with you.

Any questions?

If you have any questions about the procedure, please ring 0161 922 6426, Monday to Friday 9.00am to 5.00pm, or write your questions in this box and bring this leaflet with you.

Source

In compiling this information leaflet, a number of recognised professional bodies and accredited good practice guidelines have been used.



Should you have a visual impairment, this leaflet can be made available in bigger print or on audiotape. If you require either of these options, please ring 0161 922 6426.

Language, Interpretation and Patient Support Service (LIPS):

If you require an interpreter to assist your appointment, please ask an appropriate family member to contact our central booking office between **Monday to Friday 8am to 5pm** on **0161 922 6991** to arrange this for you.

語言翻譯及病者支持服務 (LIPS)

如果閣下需要翻譯員在您的預約當日幫助您的話 請找一名合適的家庭成員 **0161 922 6991** 聯絡本中央預約辦事處來您您安排 我們的辦公時間是星期一至星期五 上午 **8** 時至下午 **5** 時

Językowo Tłumaczeniowa Usługa Pomocy dla Pacjenta (Language, Interpretation and Patient Support Service LIPS):

Jeśli potrzebujesz pomocy tłumacza w trakcie swojej wizyty, proszę poprosić odpowiedniego członka rodziny o skontaktowanie się z Centralnym Biurem Zamówień (*Central Booking Office*), w celu zorganizowania tłumacza pomiędzy poniedziałkiem a piątkiem w godzinach od **08:00 - 17:00** pod numerem **0161 922 6991**.

لیٹوئج، انٹریپٹیشن اینڈ پیٹینٹ سپورٹ سروس (لپس Lips)

اگر آپ کو اپنی اپائنٹمنٹ کے لئے مترجم کی مدد کی ضرورت ہو تو براہ مہربانی اپنے خاندان کے کسی موزوں فرد سے کہیں کہ وہ ہمارے سنٹرل بنگ آفس سے پیر سے جمعہ 8.00 بجے صبح سے 5.00 بجے شام کے دوران 0161 922 6991 پر فون کر کے اس کا بندوبست کریں۔

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