

Colonic Transit Test

What is a colonic transit test?

A **colonic transit test** helps your doctor find out how quickly material moves through your colon (also called the large bowel or large intestine). The test involves having you swallow small markers (called **SITZMARKS®**) that your doctor will track by doing an x-ray a few days later. You will also keep a diary of your bowel movements during the testing time.

What are SITZMARKS®?

SITZMARKS® are FDA-approved, food-safe radiopaque markers (markers that can be seen in x-rays). There are 24 markers contained in 1 SITZMARKS® capsule.

What are my instructions for the colonic transit test?

You will have an appointment where we will give you the information and materials to start the test at home. We will give you a SITZMARKS® capsule to swallow and orders for an x-ray.

Timeline and instructions for your test:

- On **Day 1** of the colonic transit test, swallow 1 SITZMARKS® capsule and note the date and time.
- For the next 5 days (**Days 1-5**):
 - Try to eat a high fiber diet (including fruits, vegetables, and whole grain breads).
 - Do not take any laxatives, enemas, or suppositories except for fiber supplements.

- On **Day 5**, you will have an x-ray of your stomach to see how far the markers have moved.
 - The timing of the capsule swallowing and x-ray is very important. Make sure to check the x-ray clinic to see if they are open 5 days after you swallow the capsule and change your timeline as needed.

What is the contact information?

- On Monday through Friday between 8:00 AM – 5:00 PM, please call our clinic at (734) 936-9250.
- During non-business hours (evenings, weekends, and holidays), please call (734) 936-6267 and ask to have the on-call gastroenterology (GI) fellow paged.

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