

What is a Colonic Transit Test?

To determine how quickly material moves through the large bowel (colon).

What can I expect from a Colonic Transit Test?

There will be an instructional appointment for you to obtain information and materials to perform the test at home. The test involves swallowing tiny markers which will eventually pass through your stool. Two (2) abdominal (belly) x-rays are also required throughout the tests; you will receive requisition forms for each one.

How do I perform the test?

- You will receive a Diary Sheet.
- Throughout the week of this test you should try to eat a high fiber diet: fruits, vegetables, and whole grain breads. You should avoid taking any laxatives or enemas except for fiber supplements. If it is necessary for you to use a laxative or enema please note on your diary what you take and how much.
- The timing of the marker swallowing and x-rays is very important. Make sure to check your x-ray facilities to see if they are open on Saturday and Sunday; you may need to adjust the timeline below.

Timeline:

Day 1: Swallow the first set of twenty-four (24) markers and mark the time.

Day 2: Swallow another set of twenty-four (24) markers at the same time of day as you swallowed the first set.

Day 3: Swallow the final set of twenty-four (24) markers; as the same time of day that you swallowed the other sets.

Day 4: Abdominal X-Ray

Day 7: Abdominal X-Ray

** If you get your x-rays outside of Michigan Medicine you will need to bring the actual x-ray back to the GI Physiology Lab.

Please completely fill out the Diary Sheet and return it with you x-rays.

If you are unable to keep your appointment, please call the Medical Procedures Unit at (734) 936-9250 or toll-free at (877) 758-2626.

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