

# COLON TRANSIT STUDY

The colon transit study is an x-ray test to check how well food moves through your lower digestive tract, also called your colon. This test is done to check the cause for constipation.

The test is done at the hospital. On the first day, you swallow a gelatin capsule, called a Sitzmarks capsule, with a glass of water. The capsule has small metal rings and as the capsule dissolves, the small metal pieces will move through your digestive tract and through your colon. The small metal pieces can be seen on x-rays. **Do not take any laxatives, enemas or suppositories until the x-ray part of the test is finished in 6 days.**

After your initial visit, you will need to return to the hospital for five straight days, at the same time each day. The capsule contains small metal pieces that can be seen on x-rays. They will take an x-ray each day to see how far the metal pieces have moved and how many are left. The test will show how well your digestive tract is working.

The metal pieces will come out in your stool and are not harmful to you.



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## Patient Instructions for Understanding Capsule Endoscopy

Your physician has determined that you should undergo an examination known as Capsule Endoscopy. This procedure involves ingesting a small (the size of a large vitamin pill) Given Imaging M2A Capsule, which will pass naturally through your digestive system while taking pictures of the intestine. The pictures are transmitted to the sensor array wires attached on your abdomen. The sensor array is attached to a walk-man like data recorder, which saves all the pictures. After 8 hours you will return to the hospital and the nurse will remove the sensor array and data recorder. The pictures or images will be downloaded into the computer for your physician to evaluate. The M2A Capsule is disposable and will be excreted naturally in your bowel movement. In the rare case that it will not be excreted naturally, it will need to be removed endoscopically or surgically. In order for your physician to get the most accurate information from this examination, you will need to follow the instructions below:

**\*\*\*\*Please inform your physician if you have any of the following health concerns; swallowing difficulties or known strictures, a pacemaker or implantable defibrillator.**

### The day before Capsule Endoscopy

1. After lunch on the day before the Capsule Endoscopy examination, start a clear liquid diet your physician prescribed. From 10 pm the evening before Capsule Endoscopy, do not eat or drink except for necessary medication with a sip of water.
2. Do not take any medication beginning 2 hours before undergoing Capsule Endoscopy.
3. Abstain from smoking 24 hours prior to undergoing Capsule Endoscopy.  
DO NOT apply lotion to skin of abdomen and chest.

### The day of Capsule Endoscopy

1. Arrive at the hospital at the prescribed time dressed in loose fitting, two piece clothing. Elastic waists preferred.
2. At the hospital, you will have a pre-procedure interview. During this interview you should be informed the Capsule Endoscopy is associated with a small chance of intestinal obstruction. You will be checked in and asked to give your informed consent.
3. The sensor array will be applied to your abdomen with adhesive pads and will be connected to the data recorder, which you will wear in a belt around your waist. After that you will ingest the MA2 Capsule.
4. After ingesting the M2A Capsule, do not drink or eat for at least 2 hours. After four hours, you may have a light snack.
5. Capsule Endoscopy lasts approximately 8 hours and at that point you are to return to the hospital for removal of the sensor array and data recording.