

# Having an X-ray test to check the speed of your bowel (colonic transit study)

Department of Radiology

Information for Patients

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## Introduction

If you are an outpatient please read your appointment letter carefully to check which hospital your appointment is at.

This leaflet tells you about your examination. Please read it carefully as it has important information and instructions.

## When is my test and when do I start getting ready for it?

**Patient name:** .....

### 2 days before your test starts - you must start getting ready for your test:

- Read the instructions in this leaflet about stopping medications that speed up your bowel (laxatives, motility agents, suppositories or enemas)

**Your test starts on:** .....

- Read this leaflet and take the capsule at 9am.

**Your X-ray appointment is on:** .....

- Please read your appointment letter to check which hospital your appointment is at.

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.leicestershospitals.nhs.uk](http://www.leicestershospitals.nhs.uk) for maps and information about visiting Leicester's Hospitals  
To give feedback about this information sheet, contact [InformationForPatients@uhl-tr.nhs.uk](mailto:InformationForPatients@uhl-tr.nhs.uk)

## What is a colonic transit study?

This is a test to find out how long it takes poo to pass through your large bowel (colon). You have been sent for this test because you have had problems with your bowel such as not being able to poo regularly (constipation). The test needs to be done when you are not taking medicines that help your constipation.

We have sent you a capsule filled with 20 small plastic markers. These markers pass through your bowel and show up on the X-ray we take of your tummy (abdomen). The X-ray is taken 120 hours after you have taken the capsule. Your doctor will then be able to see how long it takes the markers to pass through your bowel.

## Important information

**Gelatine:** The capsule containing the markers may contain animal gelatine. If you cannot eat gelatine you can open the capsule and swallow the 20 markers with water. The markers do not contain gelatine.

**Allergies:** Please call the radiology department and do not take the capsule if you have an allergy to other ingredients in the capsule. These are:


- barium sulphate
- hydroxypropylmethylcellulose (HPMC / E464)
- titanium dioxide (E171)


**Pregnancy:** If there is any chance that you may be pregnant, please contact the Radiology Department immediately.


## How do I get ready for the test?


### 2 days before your test starts:

If you are taking laxatives or medicine that speeds up your bowel (motility agents) stop taking them 2 days before the test starts:

 **Please do not take laxatives.** Example of laxatives are Lactulose, Movical, Senna, Laxido, Ex-Lax.

 **Please do not take motility agents.** Examples of motility agents are Prucalopride, Linaclotide, Lubiprostone

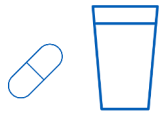
 **Do not use suppositories or enemas.**


 Continue to take all other medication that you need.  
If you are not sure about anything, ask your doctor for advice.

## Day 1 - the first day of your test:

The front page of this leaflet tells you what day to start the test. This is called day 1.

**at 9am:** Swallow the capsule with water at 9am. You may eat and drink normally.



-  Do not take any laxatives, motility agents, suppositories or enemas until after your X-ray appointment on day 6.

## Day 6 - the day of your X-ray:

Come to the Radiology Department on day 6 for an X-ray of your tummy (abdomen). It is important that you attend at your appointment time.


- When you come for your X-ray you will be shown to the waiting area
- You may be taken to a changing cubicle so you can take off some of your clothes and put on a hospital gown
- You will be taken into the X-ray room. You may ask any questions that you have
- You will be asked to lie down on the X-ray table
- You will then have the X-ray picture of your abdomen taken
- Your examination takes just a few minutes

## Who will be doing my X-ray?

- Someone trained to do X-ray tests (radiographer or radiology assistant practitioner) will take the X-ray
- As we are a teaching hospital a student may also be in the room. If you do not want this, you can ask that a student is not in the room when you have your X-ray

## What happens after the X-ray?

After your X-ray you can get dressed and go home. You may eat and drink normally.

-  After your X-ray you can start taking laxatives, motility agents, suppositories or enemas again if you normally take them.

## How do I get the results?

You will not get the results straight away.

After your X-ray test we will tell you who the results will go to and how to get your results.

A specialised X-ray doctor (Radiologist) will look at your X-ray pictures.

The results will be sent to the doctor who wanted you to have this test.

If you are an inpatient the results will be given to the doctors looking after you on the ward.

## What are the risks from exposure to radiation in this examination?

The main risk from exposure to X-rays is a higher risk of getting a cancer in the future. This risk is thought to be very small.

We are all exposed to natural background radiation every day of our lives. This comes from the sun, the food we eat, and the ground. Each test that uses X-rays gives a dose on top of this natural background radiation.

The risks of radiation are slightly higher for an unborn child. We must ask some patient about their periods and/or possibility of being pregnant. This includes all patients aged 16 to 55 years and all patients age 10 to 15 years who are registered female.

The benefits of having this test are likely to outweigh any possible risks. The risks of not having the test could be greater. We try to keep your exposure to X-rays as low as possible.

## What if I need to talk to someone?

If you have any questions or concerns, or cannot make the appointment:

Please call the Radiology department on **0116 258 8765** and select **option 5**.  
Monday to Friday 9am to 5pm, but not on bank holidays.



اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل  
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

જે તુમીં ઇચ જાદવારી કિમે હેર ડામ્મા દિચ ચાહુંદે હે, ડાં વિરખા વરહે હેઠાં દિંડે ગદે નંબર '૩' ટેલીફોન વરે।  
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

Previous reference:

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email [equality@uhl-tr.nhs.uk](mailto:equality@uhl-tr.nhs.uk)