

## East River Gastroenterology & Nutrition

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### COLONIC TRANSIT STUDY INSTRUCTIONS

The transit study, also called a Sitzmarks study, is a test to evaluate constipation. For three days, you will swallow a capsule at 9 AM. These capsules contain little rings which are radio-opaque (they show up on X-Rays). We will then take two X-Rays to show us where the rings are in your large intestine. This gives information about the type of constipation that you experience. X-Rays will be taken on days "4" and days "7" of the test. The chart below gives the dates on which you should take a pill, have an X-ray, or do nothing. Also write down how many bowel movements you have each day, and anything else that seems important (for example, if you have a lot of pain or if you vomit). Transit studies are only started on Tuesdays and Fridays.

During this test, you should be on a high-fiber diet, including any fiber supplements you are already taking. Do not take any laxatives or anti-diarrhea medicines of any kind. You should not take any medications which affect GI function, such as Reglan, Motilium (domperidone), or Zelnorm. Do not take erythromycin during the test. Avoid taking any pain medications such as codeine, Percocet, or other narcotics; Tylenol and ibuprofen are allowed. If you do take any of these medications, please make a note of it in the chart.

Please return this diary when you return for your second X-Ray. If you are having your X-Rays taken at your local radiologist, please mail or fax this diary to the doctor as soon as it is completed. You must arrange for the X-Ray films (*not just the reports*) to be sent to our office as soon as they are available.

Day	Date	Pill or X-ray	# BM's	Other Notes
1		Pill #1		
2		Pill #2		
3		Pill #3		
4		X-Ray # 1		
5		----		
6		----		
7		X-Ray # 2		

Please note, if you miss a day in the cycle, the test will need to be restarted from the beginning.

If you have any questions or need to reschedule, please call (212) 535-4500.