



Having a transit bowel study

This leaflet explains what happens during a transit bowel study in the Radiology (X-ray) Department at the Royal Berkshire Hospital. The examination is conducted by a radiographer (X-ray professional).

Before the examination

Do not take any laxatives on the days you are doing this test.

Please swallow the capsules (as marked) you have been given with a drink on Day 1, Day 2 and Day 3, prior to your appointment on Day 6 (i.e. if your appointment is on a Monday, Day 1 is the preceding Wednesday). These plastic pellets will show up on your X-rays.

Please bring your appointment letter with you. If this examination is for a child, you may open the capsules and add the pellets to food, e.g. yoghurt, to make it easier to swallow.

There are no childcare facilities available. Please do not bring valuables with you.

What is a transit bowel study and why do I need one?

By looking at the plastic pellets on the X-ray, the doctor is able to determine how long it takes food to pass through your bowel. It is usually done to look for the cause of constipation or the slow movement of food through the digestive tract.

Are there any risks with this test?

This test should not be harmful; the capsules do not contain any medication.

What happens during the transit bowel study?

We will ask you to change into a gown. The radiographer will then take X-rays of your abdomen.

After the transit bowel study

The plastic pellets will be passed with your stools. They have no harmful effects.

Results

We will send a report of your examination to your referring doctor; if this is a hospital specialist, then the specialist will contact your GP with the report.

Contacting us

Radiology Department Tel 0118 322 7991

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

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Excellent