

## Having a transit bowel study

### Introduction

It is **ESSENTIAL** that you 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 if your child cannot swallow capsules.

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?

You will be asked to change into a gown. The radiographer will then take some 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

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

### Further information

More information is available on the Trust website [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

This document can be made available in other languages and formats upon request.

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