

# Colon Transit Study

## What is a Colon Transit Study?

A Colon Transit Study is a test that measures how long it takes for food to travel through the digestive tract.

## What Can I Expect to Happen?

- Once your exam has been booked, you will be asked to pick up a special pill which needs to be taken on Sunday night. This pill must be picked up in the Diagnostic Imaging department by the Friday before your examination. This pill is filled with tiny markers that will show up on an X-ray.
- For the next five days, you will report to the Diagnostic Imaging department at Bluewater Health; you will need to register at Patient Registration on each day of the study.
- You are asked to arrive at 7:40 am in Patient Registration for your 8:00 am appointment each day.
- You will have an X-ray of your abdomen performed, which will measure the progress of these markers through your digestive system.
- If possible, please wear pants that have no metal in them (no jeans, buttons, zippers) so you do not have to get changed.

## What Can I Eat?

You do not need to make any changes to your diet, unless you have been instructed to do so by the primary care provider ordering the study.

## What Will Happen After the Procedure?

At the end of the study, the results will be sent to the primary care provider who has ordered this test within seven to 10 business days; please follow up with them.

## What Are the Risks of the Procedure?

Tell your primary care provider if there is a possibility you might be pregnant, as it is not recommended you have this test if you are.