

## INFORMATION FOR PATIENTS

# Undergoing a colonic transit study

**Patient name:**

**Date of birth:**

**Your appointment date is:**

Wednesday at 10am.

**Please start your preparation on:**

Thursday.

You have been referred for an x-ray examination called a colonic transit study. The study will assess how long it takes for food to pass through the bowel.

This leaflet tells you how to prepare for the examination and what you should expect when you arrive in the x-ray department.

### Preparation

You should have received seven capsules and you must start to take them six days before your appointment.

**Any medications known to affect the bowel (for example laxatives and dietary fibre supplements) should NOT be taken from the day you start taking the capsules until after the x-ray.**

Throughout this time, you should remain on your normal diet.

All other medications can be taken as usual.

### Day 1 (Thursday)

Take the 1<sup>st</sup> capsule at 10am.

### Day 2 (Friday)

Take the 2<sup>nd</sup> capsule at 10am.

### Day 3 (Saturday)

Take the 3<sup>rd</sup> capsule at 10am.

### Day 4 (Sunday)

Take the 4<sup>th</sup> capsule at 10am.

### Day 5 (Monday)

Take the 5<sup>th</sup> capsule at 10am.

### Day 6 (Tuesday)

Take the 6<sup>th</sup> capsule at 10am and the 7<sup>th</sup> at 10pm.

### Day 7 (Wednesday)

This is your appointment day. Please leave any valuables at home. You are responsible for all personal items you bring into hospital and the Trust cannot accept responsibility for their loss or damage.

### What happens in the x-ray department?

- You will be asked to change into a hospital gown.

- You will be required to lie on your back on the x-ray table while the radiographer takes an x-ray of your abdomen.
- Once the radiographer has checked that the image is adequate the examination is complete.

### **What happens after the examination?**

Once the examination is complete you can continue your normal diet and restart taking any laxatives you had stopped.

### **Contact us**

If you have any doubts regarding any of the above instructions, please do not hesitate to telephone us on 01623 672202, Monday to Friday, from 9am until 5pm.

### **Getting your results**

When your study is finished no instant diagnosis can be made. The images produced are recorded digitally and reviewed by a specialist radiographer. The radiographer sends a report to your doctor who will discuss the results with you.

### **Your radiology records**

This Trust is part of a group of NHS hospitals in the East Midlands that have a shared NHS radiology system, which is used by our healthcare professionals to access your radiology records.

If necessary, your radiology records may also be accessed by healthcare professionals in other NHS hospitals in the East Midlands or NHS Service Providers, to ensure you receive consistent, safe and effective clinical care and treatment, irrespective of where you receive your care.

If you have any concerns about providing information or how we use it, please discuss this with radiology staff so that you fully understand the potential impact on your care or treatment.

### **Further sources of information**

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

### **Patient Experience Team (PET)**

PET is available to help with any of your compliments, concerns, or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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