Patient Instructions for Colon Transit Test with Sitzmarks® Capsule

Indication for Test: Severe constipation.

Ordering Physician: ________________________________

Directions for Patient:
1. On the morning of ____________________________, take the whole capsule by mouth with some water. Do NOT break open the capsule.
2. Do NOT use any laxatives, enemas, or suppositories during the entire test. You may continue a high fiber diet and take fiber supplements during the test.
3. On the morning of ____________________________ (exactly 5 days later), go to ____________________________ ___________________________ to take an X-ray (abdominal flat plate) to determine the location of the markers. The timing of the X-ray is CRUCIAL in order for the test to be correct.
4. Make sure the X-ray department fax or mail your doctor a copy of the results.