



Indiana University Health

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.

Digestive and Liver Disorders
Neurogastroenterology and Motility Center

IU Health University Hospital
550 N University Boulevard, Room 2180
Indianapolis, IN 46202

Motility Nurse (317) 948-4601
Clinic Scheduling (800) 486-6124
Motility Lab (317) 948-8137
Procedure Scheduling (317) 944-8586

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