



Whole-gut transit study

Information for patients



What is a whole-gut transit study?

This study investigates how long it takes for ingested content to pass through your bowel. It principally evaluates the function of your colon, which is the lower portion of your GI tract (gut).

To do this, we will have sent you five small capsules (which contain plastic markers) for you to ingest. You will come to our clinic to have an X-ray of your abdomen, taken around 4 days later. These markers will pass through your gut during this time, and any left in your bowel after 4 days will show up on the X-ray.





Are there any risks associated with your test?

There are no serious frequently occurring risks associated with your test, however the test does involve a low dose of radiation, so we have to be very careful about X-rays during pregnancy. For this reason, we will check the pregnancy status of any woman of child-bearing age and if there is any chance of pregnancy we will not undertake the test.

What preparation is required for your test?

We will send you five small capsules which need to be taken approximately four days (100 hours) prior to your appointment.

After ingesting the capsules:

-  **Do not take any laxatives**
Fybogel, Lactulose, Movicol, Senna, Ex-Lax, Laxido etc.
-  **Do not take any motility agents**
Prucalopride, linaclotide, lubiprostone etc.
-  Please do not use any suppositories or enemas such as glycerine.
-  You may continue to take all other essential medication

What happens during my test?

Your test will be conducted by your physiologist in a private room with a chaperone present. They will explain your test to you and ask questions about your symptoms. An X-ray of your abdomen will be taken which will show up any markers left in your bowel.



Your test will take about 10 minutes.



You will be free to leave straight away after your tests and resume any of your normal daily activities.

How will I get my results?

Your results will be sent by secure email to both you and your referring consultant/doctor.

We aim to send out all patient results within five working days of completion of your test.

Key



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Additional info



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