



What is a colonic transit study?

A colonic transit study is an X-ray examination of the bowel to assess the movement of the bowel and to determine if the progress of material through the bowel is normal or slow (delayed transit). It is used frequently in the assessment of patients who have [constipation](#) or [obstructive defecation symptoms](#). It may be arranged in conjunction with other tests such as [colonoscopy](#), [defecating proctograms](#), [anorectal physiology](#) and [endoanal ultrasound scans](#).

What happens before a transit study?

As the test is designed to test the normal functioning of your bowel, you will need to stop taking any laxative products for a week before the test is performed.

What happens during a transit study?

In order to undertake the test, you will be sent 3 capsules through the post to take orally. Each of the capsules contain different shapes which cannot be digested by your body. You will be asked to take 1 of the capsules on each day at the same time for 3 days.

On the fifth day you will need to attend the X-ray department at the time stated in your appointment instructions so that an X-ray image of your abdomen can be taken. The X-ray only takes a few minutes to take, and you can then go home to await the results of your transit study.

You can continue to take your normal laxatives once you have had the transit study X-ray and have gone home.

What Happens after my transit study?

Your radiologist will assess the location and number of shapes on the X-ray and make an assessment of your colonic transit and if it is normal or slow.

A full report will then be written and checked for accuracy, and this will be sent to your requesting consultant.

Once your report has been received, your doctor may contact you to discuss this further either by phone or by seeing you back in the outpatient clinic. Occasionally



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the doctor may write to you and your General Practitioner with the results of the scan and possibly with further advice or a recommendation for further assessment or treatment.