

TRANSIT STUDY (SHAPE STUDY)

What is it?

A transit (or shape) study is an examination to test your colonic activity and is used to diagnose slow transit constipation.

What preparation is needed for the examination?

You must stay on a normal diet and NOT take laxatives during the test period. You may take other medication. Women will be asked about the possibility of being pregnant. Prior to your visit to the Department, some capsules will have been given/sent to you. You will need to take this course of capsules for six days prior to the examination, as instructed below .

What exactly happens during the examination?

You will be required to take the capsules as indicated below. At the end of the course of tablets, as part of the examination, you will need to attend the Department to have a single plain abdominal

x-ray, so that the Consultant Radiologist (doctor) can count the number of markers remaining.

The capsules should be taken with breakfast as follows:

DAY 1: Take the **YELLOW** capsule.

DAY 2: Take the **BLUE** and **WHITE** capsule.

DAY 3: Take the **TWO RED** and **YELLOW** capsules.

DAY 4 & 5: **NO** capsules are taken on these two days.

DAY 6: Again, **NO** capsules are taken. On this day, you will attend the **X-ray Department**, where a plain abdominal x-ray will be taken. The radiologist will then be able to see if any

"markers"
abdomen.

remain in the

Does this procedure hurt?

The procedure is not painful and the examination is very safe.

How long will it take?

Allow about 20 - 30 minutes.

When will I get my results?

When you have had the examination, the radiographer will tell you how and approximately when you will get the results but they are usually sent to the doctor who referred you to us within 48 hours.

Aftercare

None.

HCA

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