

Patient Information Leaflet

Bowel Motility Study

Radiology Department

Introduction

We hope this guide will answer your questions about your Bowel Motility/Colon Transit examination.

Please read all of the information contained in this leaflet carefully.

Please contact the team if you require further information via the details at the end of this leaflet.

What is a Colonic Transit study?

A Colon Transit Study is a series of abdominal x-rays taken over a period of days after swallowing a Bowel Motility Capsule. This study determines how long it takes food to travel through the digestive system.

Why do I need a Colonic Transit Study?

You are having this study performed, as it will help your doctor to decide on the cause of your symptoms, giving clearer information to the specialists treating you without causing any side effects or discomfort to you.

You may need this examination due to a change in bowel habits or a sluggish bowel as determined by your doctor.

Are there any risks?

X-ray radiation: The radiation dose you receive from a medical x-ray is very low and your doctor, along with the radiologists, have determined that the benefits of having the examination outweigh potential risks.

The radiographer is present throughout your test making sure that the dose is as low as reasonably possible and the duration and level of x-rays are kept to a minimum.

Gelatin and Barium Sulphate: The bowel motility capsules contain gelatin and barium sulphate; please contact the department if you are allergic to either.

Patients aged 12 to 55, could you be pregnant? X-rays can be harmful to an unborn baby and should be avoided by patients who are or may be pregnant.

It is recommended that the examination is performed within 10 days of the first day of your menstrual period.

If your appointment is not within this time or if you think you may be pregnant, please contact the X-ray department before your appointment. When you arrive for your test, you will be asked when your last period started. If it is more than 10 days earlier, your appointment may be postponed.

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Preparing for your procedure

Before the examination

We will ask you to take the Bowel Motility capsule on a specific day (see appointment letter) and come to the department for your x-rays. It is important that you do this, otherwise it will mean that the information will not be complete.

The Bowel Motility Capsule is a gelatin capsule that contains 20 radiopaque polyurethane markers containing 30% Barium Sulphate.

Day 1 (Usually a Saturday)

Please take the enclosed capsule between 9-11am.

Day 3

Please attend the radiology department between 9-11am.

Day 5

Please attend the radiology department between 9-11am.

Day 7

Please attend the radiology department between 9-11am.

Eating and drinking

You may eat and drink as normal, but please do not take any laxatives after taking the Bowel Motility capsules.

Medication

Continue to take your usual medication as directed, except for any laxatives, which are to be stopped until the last x-ray of this study.

Getting to us

Please come to: - The Princess Alexandra Hospital, Hamstel Road, Harlow, Essex. CM20 1QX then report to the Radiology reception, Ground Floor, Green Zone (just past the shop on the right if you are coming from the main entrance), who will tell the staff undertaking your examination that you have arrived.

When should I arrive?

You will receive a text/letter informing you to call the Radiology department to make your appointment. You will then be sent an appointment with the dates and times for you to arrive.

How long will the procedure take?

This whole process should take about 30 minutes, there may be a delay if the department has to prioritise emergency cases.

After the procedure

You can eat and drink as normal throughout this study, however, only resume taking laxatives after the last x-ray. The capsule will pass through and out of your digestive system unnoticed.

Can I drive after my procedure?

It is very unlikely that you will have any ill effects from this procedure and will be able to drive throughout the study.

Can someone stay with me in hospital?

Due to the Ionising Radiation Regulations, only patients are permitted into the X-ray room.

Please do not bring young children with you to this appointment. Children must not be left unaccompanied in the x-ray department and there are no facilities for them to be looked after while you have your scan.

How soon can I return to work?

Apart from attending for your x-rays there is no need to take any time off work.

How and when do I get my results?

We are not able to give you the results straight away. The X-rays need to be reviewed and reported by a consultant radiologist and the results are put into your electronic radiology notes and sent to your referring clinician. Your results are available from the clinician who sent you for the examination.

Contacting the team

If you have any further questions, please contact the Radiology Team;

Telephone: **01279 827179** between **09:00-16:00 Monday to Friday**.

If you would like to give feedback on your care, please contact our patient experience team on paht.pals@nhs.net or 01279 827211.

Please contact the communications team on paht.communications@nhs.net or 01279 827926 if you would like this leaflet in another language or format.