

Patient Information Leaflet

Colonic Transit Studies for Paediatrics

Radiology Department

Introduction

We hope this guide will answer your questions about your child's Colonic 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 Colonic Transit Study is a study that determines how long it takes for food to travel through the digestive system.

It starts when you give your child some Bowel Motility Capsules to swallow on three consecutive days. On the fifth day, they will need to come into hospital for an x-ray.

Why does my child need a Colonic Transit Study?

Your child is having this study performed as it will help their doctor to decide on the cause of your child's symptoms, giving clearer information to the specialists treating your child, without causing any side effects or discomfort to them.

Your child 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: All x-ray procedures involve exposure to radiation in varying amounts. The dose you get from a medical x-ray is very low and your child's doctor has determined that the benefits of having the examination outweigh potential risks.

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

X-rays may harm developing babies, so if you have a daughter who is over 12 years old that is having the test, we will ask her about her periods and may enquire about any possibility that she could be pregnant. We may ask for a urine sample to carry out a pregnancy test.

Gelatin and Barium Sulphate: The bowel motility capsules contain gelatin and barium sulphate, please contact the department if your child is allergic to either.

Preparing for the procedure

Before the examination

If your child is taking laxatives they must stop taking them from 24 hours before they swallow the first capsule and not take any further laxatives until the last x-ray has been taken.

You will need to give your child the Bowel Motility capsules on specific days (see appointment text /letter) and come to the department for their x-ray. It is important your child does this, otherwise it will mean that the information will not be complete.

The 6 small gelatin capsules each contain 10 radiopaque polyurethane markers containing 30% Barium Sulphate shapes, they are clearly marked to let you know which day to take each capsule.

Older children should be able to swallow them with water, but for any child with swallowing difficulties, gelatin capsule intolerance or young children, you can take the markers out of the capsule and mix them in a small amount of food.

Day 1

Please take the two enclosed capsules labelled 1 at 9am.

Day 2

Please take the two enclosed capsules labelled 2 at 9am.

Day 3

Please take the two enclosed capsules labelled 3 at 9am.

Day 5

Please attend the radiology department at 9am for an x-ray.

If you are unsure or have questions about your preparation, contact your doctor or the X-ray department for advice.

Please contact the booking team in advance if you plan to use hospital transport or require a hoist transfer.

Eating and drinking

Your child may eat and drink as normal, but please do not take any laxatives 24 hours prior to taking the Bowel Motility capsules until the study is finished.

Medication

Your child can continue to take their usual medication as directed, except any laxatives which are to be stopped until after the last x-ray of this study.

Getting to us

Please check on your appointment text/ letter which hospital your appointment is for;

If you are attending The Princess Alexandra Hospital (Hamstel Road, Harlow, Essex, CM20 1QX), follow the signage to the radiology reception, which is located on the ground floor, green zone. Please let the receptionists know that you have arrived for your appointment.

If you are attending St. Margaret's Hospital (The Plain, Epping, Essex, CM16 6TN), follow the signage to the radiology reception, which is located by the blood test department. Please let the receptionists know that you have arrived for your appointment.

If you are attending Herts and Essex Community Hospital (Haymeads lane, Bishop's Stortford. CM23 5JH) follow the signage to the radiology reception opposite minor injuries. Please let the receptionists know that you have arrived for your appointment.

When should I arrive?

You will receive a text/ letter informing you to call the Radiology department to make your child's appointment, following that you will be sent an appointment text/letter with the date and time for your child to arrive.

The day of the procedure

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.

Can I stay with my child in hospital?

Due to the Ionising Radiation Regulations, only patients are permitted into the X-ray room, however, depending on the age of your child a parent may be able to accompany them.

Children are not allowed in the waiting area unattended. Our staff are not permitted to supervise children, so please ensure child care arrangements for any other children are in place to avoid your tests being rescheduled.

After the procedure

Your child can eat and drink as normal, only resume taking laxatives after the last x-ray.

How soon can my child return to school?

Apart from attending for your child's x-ray there is no need for them to take any time off school.

How and when do I get my child's results?

We are not able to give you the results straight away. The X-ray needs 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** on: **01279 827179** between **09:00-16:00**.

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.