



Instructions for Colon Transit (Sitzmark) Study

Preparation:

Your clinician has referred you to have a Colon Transit (Sitzmark) Study. Visit the Department of Radiology to pick up your Sitzmark capsule during normal business hours, 8 a.m. to 5 p.m., Monday through Thursday prior to the start of your exam. Please bring your written order, picture ID and insurance information. During your capsule pick up, you will need to schedule a series of abdominal X-rays for the following week.

Instructions:

- The capsule must be taken orally at 6 p.m. on Sunday, **the day before** your scheduled abdominal X-ray for Day 1.
- You will need to be off all laxatives, enemas or suppositories of any kind on Friday and Saturday, 48 hours prior to taking the capsule.
- An abdominal X-ray is to be scheduled on Monday, Wednesday and Friday. The X-rays will be taken over the course of five days to monitor the movement of the markers. If the markers are gone before the fifth day, the study will be complete.

Five day instructions:

- Friday and Saturday: No laxatives, enemas or suppositories
- Sunday: Take capsule at 6 p.m. with a full glass of water
- Monday - Day 1: Abdominal X-ray
- Tuesday - Day 2: No special instruction
- Wednesday - Day 3: Abdominal X-ray (If no markers are present, study is complete)
- Thursday - Day 4: No special instructions
- Friday - Day 5: Abdominal X-ray (Only if markers are present)

If you have any questions, please call our office for assistance at **202-444-3400**.