

Bowel Transit Time Test

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Your health care provider wants you to have a bowel transit time test. This test helps diagnose problems in your large intestine.

For the test, you swallow a pill with a sip of water. Your health care provider will use X-rays to see how quickly the pill moves from your stomach to your large intestine (colon) and out through your stool. The test takes 5 days to complete. X-rays will be taken on days 1, 3 and 5.

Before Your Test

For 5 days before your test:

- Do not use laxatives, enemas or suppositories.

The day before your first scheduled X-ray, you will take the pill you received with water:

- After 30 minutes, you may return to your normal activities. You can eat and drink as normal.

On the Day of Your Test

- Do not eat anything for 8 hours before your test.
- You may drink normal amounts of water. Do not drink any other liquids.
- Do not smoke, chew gum or exercise.
- Take your medicines as directed, unless your health care provider gives you other instructions.

Your Appointments

Day 1 X-ray:

Location: _____

Date: _____

Time: _____ a.m. / p.m.

Day 3 X-ray:

Location: _____

Date: _____

Time: _____ a.m. / p.m.

Day 5 X-ray:

Location: _____

Date: _____

Time: _____ a.m. / p.m.

Arrive 15 minutes before your X-ray appointments.

Phone number: _____

If you must cancel or reschedule, do so at least 24 hours before your scheduled appointment.

During Your Test

Day 1

- You will have your first abdominal (belly) X-ray.

Days 2 and 4

- You may do your normal activities.
- You may also eat and drink as normal.

Day 3

- You will have a second abdominal X-ray.

Day 5

- You will have a final abdominal X-ray.

After Your Test

Your health care provider will talk with you about your test results. This can be done as a phone call or virtual visit.

Whom to Call With Questions

Call the health care provider who ordered this test if you have any questions.