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You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

If you are unhappy with the advice you have been given by your GP, consultant, or another healthcare professional, you may ask for a second (or further) opinion.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

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Transit Time (Shape) Study (page 1 of 2)

Please read this leaflet carefully. If you are at all unsure about the procedure phone the department on 01722 429282.

What is a Transit Time (or Shape) Study?

The purpose of this examination is to measure the length of time it takes for food to travel through the digestive system. You will need to attend the department for two appointments.

- The first (day 1) to be given a small capsule to swallow followed by an X-ray of your abdomen (tummy).
- The second, 4 days later (day 5) for a further X-ray of your abdomen.

What are the benefits?

The examination will provide information for the doctors who are treating you.

It is a safe procedure and you can return to your normal activities afterwards.

Are there any risks?

There are risks involved with X-Rays but a plain X-Ray uses a very small amount of radiation, the same amount as we all get from the atmosphere over a few months. Despite this, your doctor will have come to the conclusion that they recommend you should have this examination.

Are there any alternatives?

There are no alternatives to this examination.

Is there any special preparation?

Yes, this is important. It is essential that you stop taking any laxatives, enemas or suppositories on the day before your first appointment and do not begin taking them again until after your second appointment.

What if I am pregnant?

This examination is not advised for women who are pregnant. Please let us know if you are or think you may be pregnant.

What do I do when I arrive in the department?

Please report to the reception desk in the X-ray department first, and then you will be asked to take a seat in the main reception area. From

X-Ray Department
01722 429196

there you will be collected by a member of the radiographic staff who will check your details. You will be shown to a private cubicle where you will be asked to undress and put on an examination gown. The gown should be done up with the ties at the back.

You should place your clothes and personal items in one of the bags provided, which you keep with you.

You will be called into the X-ray room for the examination as soon as possible but please bear in mind that the needs of the other patients may cause a delay.

Who will I see?

A radiographer and possibly a radiographic helper.

What happens during a transit time (shape) study?

As previously stated, this examination requires 2 visits to the X-ray department.

First appointment (Day 1)

You will be taken into the X-ray room and given a small capsule to swallow with some water. This capsule contains 20 small shapes that show up on an X-ray image. You will then be asked to lie on the X-ray table and an X-ray image will be taken of your abdomen to show the capsule.

You will then be taken back to the cubicle where you can put your clothes back on and leave the department.

Please make sure that you are given a further appointment to attend in 5 days. Continue eating normally but **it is important that you do not take any laxatives, enemas or suppositories until after your next appointment.**

Second appointment (Day 5)

You will again be asked to lie on the X-ray table having, as previously, been asked to change into an examination gown, and an X-ray image will again be taken of your abdomen to show if any of the markers are still visible and if so where they are.

You will then be taken back to the cubicle where you can put your clothes back on and leave the department.

You may resume taking any laxatives, enemas or suppositories now.

When will I get the results?

After the second appointment, the images will be examined further by a radiologist who will write a report on the examination. This will take between 3 and 7 days to reach your doctor.

If you have a query about the examination.

If you have any questions about the examination please ring the number below between 8.30am and 5.00pm Monday to Friday.