

What is a colon transit test?

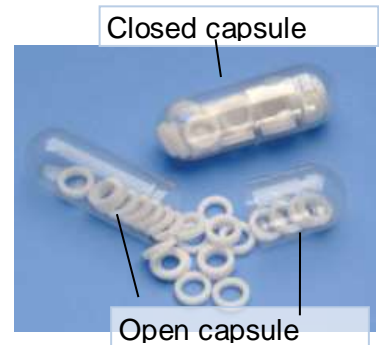
A transit test tells the doctor how the colon is working. The Sitzmarks capsule holds 24 small plastic rings in a gelatin capsule that is easy to swallow. If your child cannot swallow the capsule, it can be opened. The capsule and rings will pass naturally through your child's intestines just like food does. It will help diagnose severe constipation or other colon disorders.

How is the test done?

You will get the Sitzmarks capsules at the time of your appointment. The healthcare provider will tell you:

- If your child needs to have stool cleaned out before the test.
- When your child should swallow the capsule.
- When to get the x-ray to complete the test.

If your child can not swallow the capsule, open it and mix the rings in a spoonful of yogurt or applesauce. **Check to make sure that all of the rings have been swallowed if the capsule was opened.** Sometimes a few rings can hide in the side of a child's mouth by the teeth, or under the tongue. **The rings should not be chewed.**



You will be told to do one of the Sitzmarks Methods:

- **Simple.** Your child will only take one capsule.
- **Segmental.** Your child will take a different capsule each day for 3 days.

After an x-ray, the doctor will count the number of rings, if any, that are still in your child's intestines. This will help the doctor to decide the type of condition that your child has and how to treat it. If some of the rings are not swallowed, the test may not be correct.



X-ray: no rings in colon

X-ray: Rings in the colon

Important Information

- Your child should not be impacted or backed up with stool before the test is started. You may be told to give your child some laxatives or an enema **the day before** your child takes the Sitzmarks capsule. The effects of the laxative need be over before the Sitzmarks capsule is taken the next day.
- Your child should not take any suppositories, enemas, stimulant or saline laxatives after the capsule is swallowed. After the x-ray the doctor will tell you if your child should take laxatives or suppositories.
- Your healthcare provider will tell you when your child needs to have the x-ray. It is important that your child's abdomen x-ray is taken on that day. It should be done around the same time of the day that your child took the capsule.
- When you come to Children's Wisconsin for the x-ray, stop at a Welcome Desk. Staff will give you a badge and tell you how to get to the Imaging (Radiology) department. Imaging will have the order for the x-ray. If you have permission to get the x-ray at a different hospital they will need to send us the x-ray electronically or on a CD.

Your Sitzmarks method

☐ **Simple Sitzmarks method**

Day capsule taken: _____

Return for x-ray on: _____

☐ **Segmental Sitzmarks method**

Day 1. Take single chamber capsule: _____

Day 2. Take double chamber capsule: _____

Day 3. Take triple chamber capsule: _____

Return for x-ray on: _____

Follow-up

- Call your doctor after getting the x-ray to see if you should restart laxatives, unless you were instructed to do this at the time of the last clinic visit.
- Your doctor will contact you with the results of the x-ray and the plan for treatment.

ALERT: Call your child's doctor, nurse or clinic if you or your child have any concerns or if your child:

- Throws up within 4 hours of swallowing the capsule or rings.
- Does not swallow all the rings
- Has a hard time pooping (constipated).
- Has special health care needs not covered by this information.

For other health and wellness information, check out this resource:

<https://kidshealth.org/ChildrensWi/en/parents>

This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.