

Gastrointestinal transit time - Sitzmark

You have received a request for an X-ray examination. The treating unit will inform you of the place of the examination. Up-to-date opening hours can be found at www.hus-imaging.fi (general radiography).

Please reserve approximately one hour for the examination. The examination takes 5–15 minutes, but in some cases, emergency examinations cause changes to the examination schedule.

Preparation for examination

If you are or suspect you might be pregnant, please contact the unit treating you, preferably in advance, or discuss the matter with the radiology department staff before the examination. Abdominal X-rays are not taken of pregnant women.

Sitzmark-marker rings are made of PVC-plastic. Please contact the unit responsible for your care if you are allergic to them.

If you are taking any medications for constipation, the referring doctor will give you instructions about how to use them. You should take your other prescription medicines as usual. Otherwise you can eat and drink normally before the examination.

Marker rings:

You have received 24 marker rings for the imaging.

The X-ray will be taken three days after you have swallowed the marker rings. Imaging is performed on Mondays, Tuesdays and Wednesdays. This is why the marker rings must be swallowed on Friday, Saturday, or Sunday.

Swallowing date	First imaging date
Friday	The following Monday
Saturday	The following Tuesday
Sunday	The following Wednesday

- Swallow the rings in the morning.
- The marker rings are inside a capsule. Open the capsule and swallow all the rings at once, you can mix them with e.g. yoghurt.

If necessary, a second image will be taken two days after the first one. You will be informed of this during the first X-ray.

When you come in for the imaging, wear clothes that you can take off easily.

Examination

The examination is made by X-rays and is painless. You will lie down on an examination table.

After the examination

The marker rings will leave your body with bowel movements.

The doctor in charge of your care will inform you of the results of the examination. If you have not already been booked for an appointment or for a phone consultation, please contact the unit treating you in order to obtain the results.

Other things to note

Please take your health insurance card (Kela card) or identity card with you.

Children or adults who need assistance should be accompanied by 1–2 people who may be



Patient Instruction

HUS Medical Imaging Center
Radiology

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asked to provide help during the study. An assistant must be 18 years of age or older and must not be pregnant.

If you have images from radiology examination that were done at other facilities besides HUS, bring images with you. Your previous examinations from HUS will be available in our files.