

## Gastrointestinal transit time with Medifactia capsules

You have been referred for an X-ray examination. The opening hours of X-ray units are available online at [www.hus-imaging.fi](http://www.hus-imaging.fi) (general radiography). The examination does not require a booked appointment.

Please reserve approximately one hour for your visit. The examination takes 5–15 minutes. Sometimes patients in need of an emergency examination may be admitted ahead of you.

### Preparation for examination

**If you are or suspect you may be pregnant**, please contact the unit that referred you to the examination before swallowing the capsules. Abdominal X-ray examinations are not performed on pregnant women.

You have received Medifactia capsules for this examination. The capsules are made of cellulose and contain barium. Barium is commonly used in X-ray imaging of the bowels. The capsules will leave your body with bowel movements.

- If you are taking any medication for constipation, the referring doctor will give you instructions on how to use them.
- Take your other prescription medicines as usual.
- You may eat and drink as usual.

### Ingesting the marker capsules:

You have seven marker capsules. Swallow the capsules on six consecutive days. Start swallowing the capsules (Day 1) on a Tuesday, Wednesday, Thursday, Friday or Saturday.

- Swallow a capsule at the same time every morning.
- Swallow the capsule whole.
- You can swallow the capsule with water, “viiili” or yoghurt.

#### Days 1-5

- Swallow one capsule in the morning.

#### Day 6

- Swallow one capsule in the morning. One capsule is still left.
- Swallow the last capsule in the evening when 12 hours have passed from swallowing the morning capsule.

#### Day 7

- After you have swallowed the last capsules, the X-ray image will be taken on the following day.
- At this point, seven days have passed from swallowing the first capsule.

Day 1	Day 7 (X-ray imaging)
Tuesday	Monday
Wednesday	Tuesday
Thursday	Wednesday
Friday	Thursday
Saturday	Friday

Please wear clothes that are easy to take off in the X-ray examination.

### Examination

The examination is an X-ray examination and is painless. You will lie down on an examination table while the images are taken.

### After the examination

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.

If a child or adult patient requires assistance in the examination, we recommend bringing 1 to 2 assistants. The assistants must be over the age of 18 and not pregnant at the time.