

Gastrointestinal transit time

In this examination, an X-ray of the abdomen is taken to study your bowel function.
You do not need to book an appointment for this examination.
The opening hours of X-ray units are available online at www.hus.fi/en/search-imaging.

Please reserve approximately 1 hour for your visit. The examination takes 5–15 minutes.
Patients who need urgent examinations may be examined before you.

Before the examination

If you are pregnant or you suspect that you are pregnant, please inform the doctor who referred you to this examination before you swallow 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 doctor who referred you to this examination 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, “viili” 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.

During the 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

You will receive the results of the examination from the doctor in charge of your care.

If you do not know how to find out the results, please contact the outpatient clinic or ward that referred you to this examination.

Other things to note

Please take your Kela-card or identification 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.

You will not be charged for the examination separately.

Further information

For further information in Finnish please visit: www.tutkimukseen.fi Kuvantamistutkimuksia >> Röntgentutkimuksia.

