

## PATIENT INFORMATION LEAFLET

### Colonic transit time measurement with Transit-Pellets™ radiopaque markers

Please read the information in this leaflet carefully before you begin to take Transit-Pellets™ radiopaque markers. It contains important information for you. Use Transit-Pellets™ radiopaque markers as described in this patient information leaflet or according to the instructions from your doctor. Save this information. You may need to read it again. Ask your doctor if you need additional information or advice.



- **VERY IMPORTANT:** Make sure to carefully follow the appointment for your X-ray
- **VERY IMPORTANT:** It is very important to refrain from using any kind of laxatives until your doctor advice you the test is over. Laxatives includes stimulants, bulk-forming fibers, suppositories and saline enemas
- **VERY IMPORTANT:** Ensure that you can swallow the capsule and/or its content
- Inform your doctor if you have any allergies before you begin the examination
- This test is not recommended if you are or might be pregnant, since an X-ray of your abdomen is required
- During the test week of the examination, do not change your usual diet (food or drink)
- There are many factors, e.g., diet and medication that can affect the result. Inform your doctor about any medication you take before you start taking the capsules. He/she advise whether you need to temporarily stop taking other medication
- If you've taken too many or the wrong capsules, or if you've forgotten a capsule or taken it at the wrong time, contact your doctor for advice

#### In this patient information leaflet, you'll find information about:

- 1) What is a colonic transit test?
- 2) What's in the capsule?
- 3) What is the process?
- 4) How to store Transit-Pellets™ radiopaque markers
- 5) Declaration of contents

#### 1) What is a colonic transit test?

A colonic transit test with Transit-Pellets™ radiopaque markers is used by your doctor to diagnose patients with chronic constipation and used in differencing slow and normal constipation. The test shows how quickly food passes through the digestive system. The measurement can also be used in cases of chronic diarrhoea in order to ascertain if the disorder is linked to unusually rapid or normal colonic transit. Or, your doctor may provide another method. If that's the case, ask your doctor to indicate the method chosen for you.

#### 2) What's in the capsule?

In the box, you'll find a blister pack with radiopaque markers contained in seven (7) capsules. The capsule consists of two open-ended cylinders, a cap and a body. You can see the markers inside the capsule before you swallow it. The capsule dissolves and like pieces of food, the small markers will move through your digestive tract and through your colon. The markers will come out in your stool and are not harmful for you.

### 3) What is the process?

The blister pack is marked with numbers 1-6. Each number represent one day. Swallow the capsules with water according to the number on the back of the blister pack. One (1) capsule containing ring-formed markers per day for the first five days. The capsules should be swallowed at approximately the same time each morning.

On day six, there are two (2) capsules containing tube-formed markers to be swallowed. One capsule is swallowed in the morning and one capsule is swallowed in the evening with a 12-hour interval.

If you have trouble swallowing the capsule, instead of water, try swallowing the capsule with something like applesauce or yogurt. The thicker texture of a soft solid can make it easier to swallow. Alternative methods for those who cannot swallow the capsule include opening the capsule. Grip each end with your hands and pull it apart and emptying the contents into soft food/liquid. Make sure you swallow all markers. Do not chew on the content. After swallowing the capsule and/or its contents, drink some more to ensure the capsule and/or its contents has been swallowed completely.

Make sure you follow the timing on the schedule precisely, which include the appointment for your X-ray on day seven.

The X-ray on day seven will help your doctor count the markers still present in your digestive tract and enables your doctor to determine what type of condition you may have and how to treat it. An outpatient appointment to discuss the test result will be made with your doctor.

### 4) How to store Transit-Pellets™ radiopaque markers

Stored at normal room temperature

Keep out of sight and reach of children

### 5) Declaration of contents

Capsule: Hypromellose methylcellulose E464

Markers: Elastosil® R 401/60 Silicone Rubber (78%), Barium Sulfate BaSO<sub>4</sub> powder EMPROVE (22%)

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.



Batch code



Use-by date



Do not re-use



Consult instruction for use



Medical device



Legal manufacturer

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