Transit-Pelletsmethod™: measurement of colonic transit time

apr@medtech

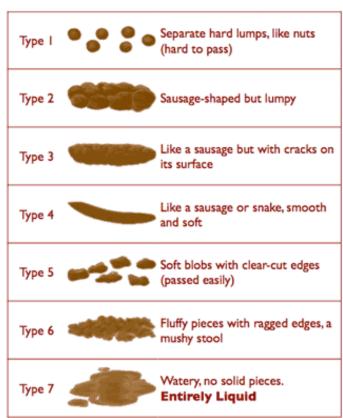
Name:		
Date of Birth:		
Measurement period (date):		
Date of x-ray / radiology appointment:	Time:	

- Record every occasion and time of the day you swallow the capsule.
- Record the number of bowel movements over a day and stool consistency using the Bristol Stool Chart.
- Record any drugs taken and other things that can affect bowel function.
- Note that bowel irritant laxatives and anti-diarrhoea agents should be avoided during the measurement period.

Day	Marker swallowed at:	Bowel movement at:	Type of bowel movement (Bristol Stool Chart)	Abdominal pain (none, light, moderate, severe)	Comment (e.g. special diets like plums, flax seeds)
1					
2					
3					
4					
5					
*6					
7	(no capsule)				



Bristol Stool Chart



Bristol Stool Chart: Lewis & Heaton (1997)