

# Transit-Pellets™

## Patient Information

Colonic transit time measurement with the  
Transit-Pelletsmethod™



Please read the information in this leaflet carefully before you begin to take Transit-Pellets™. It contains important information for you.

Use Transit-Pellets™ exactly 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.
- Inform your doctor if you have any known allergies before you begin the examination.
- Should your gastrointestinal pains worsen while taking the capsules, contact your doctor.
- Transit-Pellets™ method cannot be used if you are pregnant, since the radiation from the X-ray might cause damage to your foetus.

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

1. What Transit-Pellets™ are and what they are used for
2. How to take Transit-Pellets™
3. How to safely store Transit-Pellets™
4. What's in the box and other information

## 1 What Transit-Pellets™ are and what they are used for

The Transit-Pellets™ method measures how long it takes for food to travel through your intestinal tract and enables your doctor to see if your transit is slow, rapid or normal. This is an important diagnostic tool within clinical gastroenterology. The method is used to gain a better understanding of the patient's gastrointestinal problems and provides a foundation for further treatment.

The largest application for this measurement is to investigate and diagnose severe constipation. 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.

## 2 How to take Transit-Pellets™

The table below shows when you should swallow your capsules (if it isn't already stated on your appointment letter) based on the time and date of your X-ray appointment:

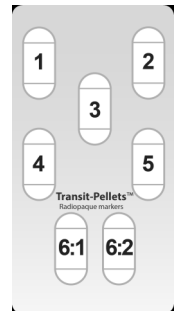
*If you have any questions, please contact the Radiology Department.*

Note! Example only	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6		Day 7
Date	26 May	27 May	28 May	29 May	30 May	31 May		1 June
Time	10am	10am	10am	10am	10am	10am	10pm	10am
Time prior to X-ray	6 days	5 days	4 days	3 days	2 days	24 hours	12 hours	X-ray

In the box, you'll find a blister pack with seven (7) capsules. They are marked with the numbers 1 to 6 (see illustration on right). Each number represents one day in the table above.

Swallow one capsule, every day, with water (according to the number on the back of the blister pack) for the first five (5) days, as per the table above.

On day six, there are two (2) capsules to be swallowed with a twelve (12) hour interval. Make sure you follow the timing on the schedule precisely.



The capsule should be swallowed whole, but if you experience any difficulties, you can take it apart and simply swallow the markers. If you have trouble swallowing the capsule or markers, instead of water, try swallowing the capsule or markers with something like apple sauce or yoghurt. The thicker texture of a soft solid can make it easier to swallow.

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 to you.

Do not digress from your usual diet (food or drink).

*Instructions continued on next page*

During the period of the examination, you must NOT take laxatives or in any other way assist your bowels to empty. The markers leave your body with your stools and are flushed down the toilet as usual.

There are many factors, e.g. diet and medication, that can affect the result. Please tell your doctor about any medication you take before you start taking the capsules. They 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 the radiology department immediately for advice.

### 3 How to safely store Transit-Pellets™

Do not store above 25°C (77°F). Keep Transit-Pellets™ out of sight and reach of children. Use within five years of the manufacturing date printed on the box.

### 4 What's in the box and other information

Capsules: Hypromellose methylcellulose E464

Markers: Elastosil® R401/60 Silicone rubber (78%), Barium-Sulphate BaSO<sub>4</sub> powder EMPROVE (22%)

This patient information leaflet was last updated on 6th October 2017.

Additional information about Transit-Pellets™ can be found online at [www.medifactia.com](http://www.medifactia.com) and [www.aprmedtech.com](http://www.aprmedtech.com)

Please refer to the *Instructions for Use* before using Transit-Pellets™.

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