



**GASTROENTEROLOGY SPECIALTY CLINIC
A SERVICE OF UNC HOSPITALS**

SITZMARK STUDY
Colonic Transit Time Instructions

Purpose: To determine the speed feces or stool moves through the colon and rectal areas.

Enclosed are five markers (trade name SITZMARK*).

Three days before taking the first marker, stop taking fiber supplements, laxatives including laxatives that are prescribed, herbal or over the counter products, and lubiprostone (Amitiza).

Take one marker by mouth with water at the same time every day for five days.

ALL 5 MARKERS MUST BE TAKEN OR THE TEST CANNOT BE DONE

On **day 6 (six)**, go for your appointment for the **abdominal x-ray** (called a KUB). This should be about the same time as the time you have been taking your Sitzmarkers. An x-ray appointment will be made for you before you leave the clinic.

If you do not have your x-ray taken at UNC, please obtain a copy of the film and bring it with you to your next GI appointment.

Please call the GI Clinic at (919) 966-6000 if you have questions.

START TABLETS: ____/____/____ (Day 1)

X-RAY DATE: ____/____/____ (Day 6)