



SITZMARKS Protocol

Clinical Indications	Adult Patients with severe constipation to determine colon transit time in patients with no other GI abnormalities.
	No laxative, suppositories, enemas should be used for 5 days by the patient
	The gelatin capsules are usually administered by the ordering physician or some radiology departments give them out.
Step 1:	The capsules are taken on day 0 as directed by the patient’s physician.
Step 2:	Arrange a flat-plate abdominal X-ray on day 5 to determine location and the extent of elimination of the radiopaque markers.
Step 3:	Submit the properly labeled Radiographs on the day the film is taken for interpretation.
Step 4:	Patients who expel 80% or more of the markers may have follow-up x-rays for several days.
Step 5:	For patients whose markers accumulate in the recto sigmoid or when markers are retained diffusely, another flat plate KUB may be warranted.