

Colorectal Surgical Associates

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PROTOCOL FOR SITZ MARKER STUDIES

PREPARATION

- Ensure you have NOT undergone a CT or any other radiologic study that required oral barium or have IV contrast dye within 1 week of starting the Sitz Marker Study.
- To ensure your study is accurate: do NOT take any medications that may result in a bowel movement once the study has begun. For example: NO LAXATIVES, ENEMAS, SUPPOSITORIES, and FIBER SUPPLEMENTS.

*******DO NOT SCHEDULE THE ANAL MANOMETRY/EMG IN THE OFFICE OR THE DEFOCOGRAPHY AT NKC RADIOLOGY DURING THE WEEK OF THE SITZ MARKER STUDY*******

- Continue to eat a normal diet throughout the study
- Images should be acquired in the morning
- If possible study should start on a Monday so images are not performed over the weekend

EXAM

1. **Day 1**-Patient reports to Radiology for study to begin
 - Patient is given Sitz mark capsule to swallow with a cup of water
 - Rad Tech performs high and low abdomen images 20 minutes after swallowing capsule-images are shown to Radiologist to verify capsule was swallowed (24 opaque rings should be visible)
2. **Day 3**-Patient returns for high and low abdomen images. Radiologist checks if any markers are Present. If no markers are present, patient returns on Day 7.
3. **Day 7**-Patient returns for high low abdomen images. If no markers are present, study is complete. If markers are present, patient returns for Day 8.
4. **Day 8**-Patient returns for high and low abdomen images. STUDY IS COMPLETE ON DAY 8.