

Colorectal Surgery Associates, P.C.

Pierre Castera MD Lina O'Brien MD Ben Mizrahi MD
Jeremy Cravens MD W. Edwin Conner MD-Emeritus
Linda Frey A.P.R.N

Diplomate ABCRS and ABS

4370 W 109th Street, Ste. 350, Overland Park, KS 66210

6060 N. Oak Trafficway Ste. 101, Gladstone, MO 64118

10100 W 87th Street Ste. 200, Overland Park, KS 66212

Phone: 816-941-0800 Fax: 816-941-0080

Web address: csakc.com

PROTOCOL FOR SITZMARKER STUDIES

PREPARATION

1. 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 Sitzmarker study.
2. To ensure an accurate study: **DO NOT TAKE ANY MEDICATIONS THAT MAY RESULT IN A BOWEL MOVEMENT** once the study has begun. For example: **LAXATIVES, ENEMAS, SUPPOSITORIES and FIBER SUPPLEMENTS**, etc.
3. Continue eat a normal diet throughout the entire of study
4. Images should be acquired in the morning
5. If possible study should start on a Monday so radiographs may not be performed over the weekend

EXAM

1. **DAY 1**(start day): Patient reports to Radiology for study to begin
2. Patient is given Sitzmark capsule to swallow with a cup of water
3. Radiologist performs a high and low abdomen images **20 minutes** after swallowing of capsule and images are shown to radiologists to verify capsule was swallowed(24 opaque rings should be visible).
4. **DAY 3** Patient returns for high and low abdomen images. Radiologist checks if any markers are present. If no markers are visible, study is complete. If markers present, patient will return on **DAY 5**.
5. **DAY 5** high and low abdomen images are performed. If no markers are present study is complete, if markers are present, patient returns on **DAY 7**
6. **DAY 7** high and low abdomen images are performed. If no markers are present, study is complete, if markers are present, patient returns on **DAY 8**.
7. **DAY 8** high and low abdomen images are performed
8. **STUDY IS COMPLETE ON DAY 8**