

Instructions For Sitzmarks®

Gastroenterology Clinic, APMC
611 Grammont St.
Monroe, LA 71201
318.325.2634 or 800.293.2634

Do not take any laxatives, enemas, or suppositories prior to beginning this test or anytime during the test.

1. You will be given 1-3 Sitzmarks® capsules containing radiopaque markers.
2. One (1) capsule will need to be swallowed with water at 9:00am daily until all capsules are taken.
3. On Day 4, you will need to have an x-ray done around 9:00am at the hospital of your choice. An order will be provided to you for that x-ray.
4. If you have the x-ray done at a facility other than St. Francis Medical Center or Glenwood Regional Medical Center, you will need to bring a copy of the x-rays to your doctor's office for review.
5. Occasionally, it is necessary to repeat the x-ray on day 7. Your nurse will advise you if this is necessary.