

# Home test for gut transit time

For this test you can use the following tracking foods:

- Sweetcorn: *large portion 1-2 corn-on-the-cobs, or a small tin of sweetcorn*
- Sesame seeds: *large portion, eg 2 dessert spoons*
- Charcoal: *four capsules or tablets, available from healthfood shop or chemist.*
- Blue food dye (easiest to see): *mix a few drops, or 1/4 teaspoon, in a bowl of porridge, yoghurt, mashed potato, hummus or similar. [Click here](#) for a recommended sugar-free food dye*

Please use this form to make a note of the date and time of eating the tracking foods, and of each bowel movement – between time of eating and the last time the sweetcorn appears in the toilet bowl. Please indicate when the tracking food *first* appears and when it *last* appears in the toilet bowl. If you find it easiest to print this sheet out to record your times, you can send your practitioner a photo of the table, or add the details into this file from your notes. You may want to leave a note on your toilet flush to remind you to check the bowl!

Please email your practitioner these results before they analyse the results of your microbiome test.

*Eating the tracking food (ideally with your evening meal)*

Date	Time	Tracking food (eg sweetcorn, blue dye)

*Bowel movements*

Date	Time	Number of hours since eating tracker	Did tracking food appear? (Y/N)

*Please continue on another sheet if required*