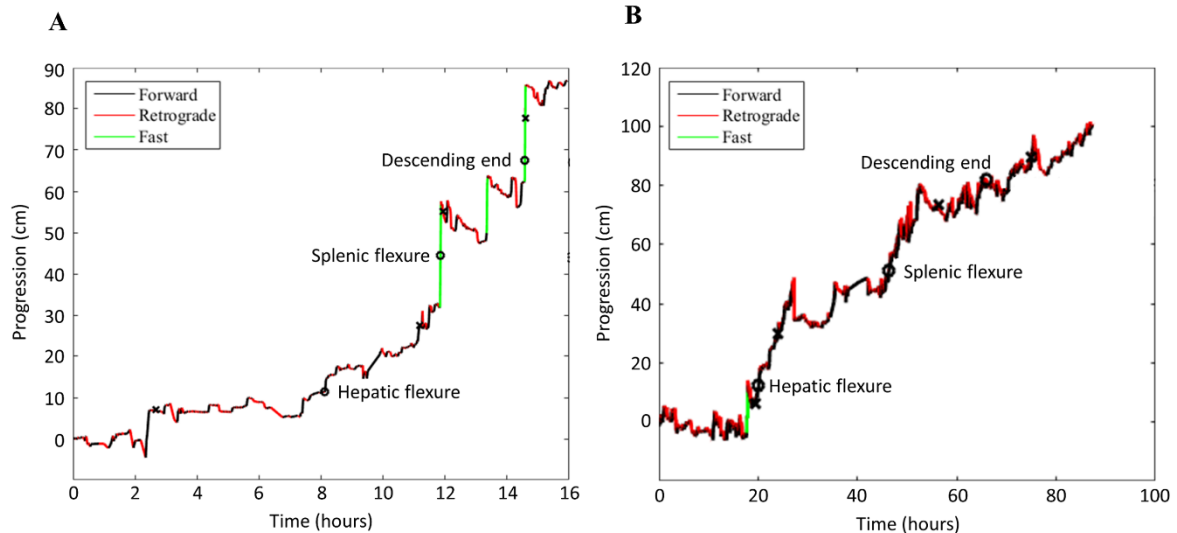


Supplementary information

Understanding the physiology of human defaecation and disorders of continence and evacuation

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Supplementary Figure 1 | Transit time in the human colon in health and disease. Time-progression patterns of the 3D-Transit capsule through the colon of: (A) a healthy volunteer, and (B) a patient with chronic constipation. Anatomical position in the colon is represented by the distance in cm from caecum to the rectum (Y-axis). Time in hours is on the X-axis. In the healthy individual, the capsule traverses the entire colon in ~16 hours. There is relatively slow progression through the right colon (caecum to mid-transverse colon in ~12 hours), but rapid progression through the left colon, including three fast movements spanning 10–20 cm each. Little retrograde movement is seen. In the patient with constipation, colonic transit is ~90 hours in total. There is stasis in the both the caecum for ~18 hours, and also the left transverse colon for a further ~20 hours. Throughout, there is considerable retrograde movement of the capsule. Part a adapted with permission from ref 1, WILEY. © 2018 John Wiley & Sons Ltd. Part b figure courtesy of E. Mark, Mech-Sense, Department of Gastroenterology and Hepatology, Aalborg University Hospital, Denmark.

Supplementary reference list

1. Mark, E.B. et al. Ambulatory assessment of colonic motility using the electromagnetic capsule tracking system. *Neurogastroenterol. Motil.* **31**, e13451 (2019).