

Capsule endoscopy

This leaflet has been written by staff working in the Endoscopy Unit at West Middlesex University Hospital. We hope you find it useful. If, after you have read it, you have any questions or concerns, please contact us on 020 8321 2585/5191.

When you come into the Unit (Ground Floor) please talk to us about any worries and ask any questions you have. If you would like to change your appointment time or date, please contact the Endoscopy Unit booking team on 020 8321 5752/5380.

Name/hospital n°

Appointment date/time

Event form

Time	Event (eating, drinking, unusual sensations)

Endoscopy Department

West Middlesex University Hospital
Twickenham Road
Isleworth, Middlesex
TW7 6AF

T: 020 8321 2585/5191
W: www.chelwest.nhs.uk

After completing the capsule endoscopy

You will be asked to return the equipment with your capsule endoscopy event form to the endoscopy unit at 9am the following day. The capsule is normally passed in your stool 2-3 days after your test. It can be flushed down the toilet safely.

Patient Advice and Liaison Service (PALS)

If you have concerns or wish to give feedback about services, your care or treatment, you can contact the PALS office on the Ground Floor of the hospital near the main reception.

Alternatively, you can send us your comments or suggestions on one of our comment cards, available at the PALS office, or on a feedback form on our website www.chelwest.nhs.uk/pals.

We value your opinion and invite you to provide us with feedback.

T: 020 8321 6261
E: wmpals@chelwest.nhs.uk

West Middlesex University Hospital

Twickenham Road
Isleworth, Middlesex
TW7 6AF

T: 020 8560 2121
W: www.chelwest.nhs.uk

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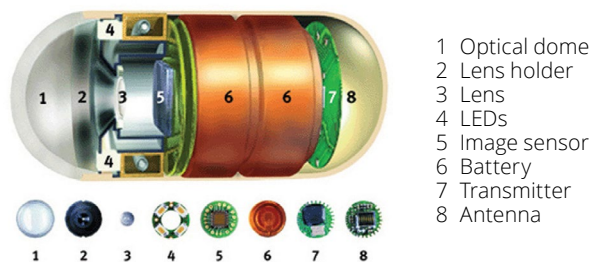
Capsule endoscopy

Information for patients



What is a capsule endoscopy?

It is a test that views the small intestine which cannot be seen during an endoscopy or colonoscopy. It involves swallowing a small capsule (the size of a large jelly bean) which will pass naturally through your digestive system. This contains a miniature camera that will take pictures of the small intestine. The images are transmitted to sensors attached to a data recorder held in a harness. The capsule is disposable and will be excreted naturally in your bowel movement.



Why do I need a capsule endoscopy?

There are a number of reasons why a capsule endoscopy may be advised for you. The most common main reason is to investigate whether there is bleeding within the gastrointestinal tract. Capsule endoscopy can also be used to reassess or diagnose Crohn's disease, investigate abdominal pain or help diagnose small bowel tumours.

What are the risks?

Very occasionally the capsule can become stuck in the small intestine (less than 1% risk) in which case an X-ray or CT scan will be arranged. You will likely need either an endoscopy or an operation to remove it.

If we are concerned that you are at risk of the capsule becoming stuck (eg if you have small bowel Crohn's disease) you may be asked to have a patency (dummy) capsule before the procedure to check that it passes. You will be asked to come to the department a couple of days before your appointment to have this done. The endoscopy staff will give you more details if this is necessary.

What do I need to do before I come in?

Existing medication

Please continue to take your regular medication. If you are prescribed iron tablets (eg ferrous sulphate) or non-steroidal anti-inflammatory drugs (such as ibuprofen, diclofenac, celecoxib) please stop these **one week** before your appointment. Do not take calcium channel blockers (eg amlodipine, Gaviscon®, Maxalon™, Motilium®, or codeine) on the day of the test. If in doubt, check with your doctor or contact the endoscopy department.

Day before your procedure

You should eat breakfast as normal. After this, please start a clear fluid diet. Black tea and coffee, squash, carbonated drinks, water, clear soup, Bovril® and Oxo® are permitted. Clear jelly and boiled sweets are also permitted.

From 10pm on the evening before your test, do not eat or drink anything except for sips of water and/or your medication. You can continue drinking water right up to the time of the test. You must stop smoking for 24 hours before your test.

If you are diabetic please let us know in advance.

Please ensure that you have either collected or received your bowel preparation solution the day before your appointment.

At 5 pm (day before procedure):

Prepare the pack of Moviprep—pour one sachet of A and one sachet of B in 1 litre jug of water (not chilled), mix both together and finish the solution within two hours.

Please make sure you drink an additional 500 ml of water after finishing the pack of Moviprep.

Day of the procedure

Do not take any medications in the 2 hours before your test. Please dress in loose-fitting two-piece clothing.

Arrive at the endoscopy department at 8:30am unless you have been told otherwise.

What will happen when I come to the unit?

When you arrive you will have a pre-procedure interview which will give you the opportunity to discuss your test and ask questions before signing a consent form. You will be taken to the cubicle where adhesive sensor pads will be applied to your stomach. These will be connected to a data recorder which you need to wear in a pouch around your waist. You will be asked to swallow the capsule with a small amount of water.

After swallowing the capsule

You will be able to go home or return to work and continue your day as normal—however, please avoid being near any source of powerful electromagnetic fields until the recorder is removed.

During the test you will need to check every 15 minutes that the small light on top of the data recorder is green. If the light shows orange please check that all the electrodes and cables attached to your chest are in place. If the light continues to show orange please phone the endoscopy department.

You may start drinking sips of water after 2 hours. 4 hours after swallowing the capsule you can have a light snack. You will need to remove the recorder (you will be shown how to do this) after 12 hours. After this you can eat and drink normally.

If you suffer from any abdominal pain, nausea or vomiting during this time you must contact the endoscopy unit immediately on 020 8321 2585/5191 (8am–6pm) or call 020 8321 2121 and ask for the on-call gastroenterologist (6pm–8am).

You should record the time and nature of any events on the event form (see the green panel in this leaflet)—such as eating and drinking or any unusual activity. Avoid strenuous activity, especially if this involves sweating, and do not bend over or stoop while the recorder is in place.