

### Having a Capsule Endoscopy

If you have any questions prior to your procedure please ring on 0207-460-5605

#### *What is a Capsule Endoscopy?:*

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This test is an accurate way of looking at the lining of the small bowel. The procedure involves swallowing a small capsule (about the size of a large vitamin pill). The capsule will then pass naturally through your digestive tract. As it travels through your small bowel the capsule will take approximately 50,000 images. You will need to wear a sensor belt which is positioned around your abdomen. The belt is then attached to a small data recorder box which is supported in a shoulder bag.

The capsule transmits the images it captures to the sensor belt and these are then stored in the data recorder. The procedure normally takes 8 hrs to complete but you do not need to remain in the department all day. On the day you will be given a time to return to the unit and on your return the equipment will be removed

#### *Why is Capsule Endoscopy Performed*

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Capsule Endoscopy is usually performed for bleeding or anaemia. It is also performed where you Doctor suspects other small bowel diseases such as Crohn's Disease. Capsule Endoscopy is usually undertaken after you have had a Gastroscopy or Colonoscopy without revealing a diagnosis.

#### *Consent*

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The Consultant must by law obtain your consent to treatment beforehand. He will explain all the risks involved, benefits and alternatives before asking you to sign a consent form.

#### *Preparing for you capsule endoscopy procedure*

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- On the day before your test eat a light breakfast, such as a slice of toast or a small bowl of cereal, but no nuts or seeds.
- After breakfast do not eat or drink any solid food, thick soups, milk, orange, tomato or grapefruit juice, nuts or seeds.
- You can continue drinking clear fluids up to midnight. This includes clear soup, tea and coffee without milk as well as water.

You will be able to drink clear fluids 2 hours after, and normal meals 4 hours **after** swallowing the capsule. It is usual for the test to start early in the morning, but it is also possible to adjust the preparation and test so that it is done overnight.

If you are on iron tablets, **stop taking them 3 days before the test is due**. For other tablet medications, do not take your tablets until 3 hours after you have swallowed the capsule. If you are a diabetic do not take your medication/ insulin until after your breakfast following swallowing the capsule. If you have particularly unstable diabetes, please bring this to attention of the doctor looking after your diabetes.

Tell us in advance if you have a **pacemaker**, have had **abdominal surgery** involving the gut or stomach, have **swallowing problems** or **narrowing** or obstruction of the bowel – these may be reasons you should not have the procedure, but your doctor will normally have considered these relative contraindications.

## ***What happens when I come for a Capsule Endoscopy?***

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*Please wear loose 2 piece clothing on the day e.g. jogging bottoms and a T shirt or skirt/trousers with elasticated waist*

When you arrive in the department you will be met by a qualified nurse who will ask you a few questions in order to complete a medical assessment. During this time the nurse will ensure that you have understood what is involved in the procedure and discuss any concerns or questions that you may have.

The equipment will be fitted and you will then swallow the capsule. Once the nurse is happy that the equipment is working you will be able to leave the department

## ***What happens after Capsule Endoscopy?***

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At the end of the procedure, you will need to return to the Endoscopy Unit in order to have the equipment removed and returned (waist belt and data recorder). You should arrive in the Unit about 5pm on the same day of the procedure. This should only take a moment. We will then download the images to a workstation for the doctor to review.

You should not have an MRI examination nor be near a Magnetic Resonance Imaging (MRI) or other imaging device after you swallow the capsule until you excrete it.

***What are the alternatives to a Capsule Endoscopy?*** *You will probably already have had other investigations that have been inconclusive which is why a capsule endoscopy has been requested*

## ***Getting your results***

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You can talk to your Consultant about the results and any necessary treatment at your next appointment.

## ***Some frequently asked questions***

***Can I bring someone with me?***

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We encourage escorts to drop you off at the department and nursing staff will phone your escort when you are ready to be discharged home, if you need to have someone with you. This is due to limitations of space in the department. If you feel you need someone to remain with you throughout your admission, this will be accommodated.

**Please note that we do not have facilities in the unit for babies and children.**

### *Do I need to bring anything with me?*

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It would be helpful if you could bring a list of the medicines that you take or bring in the medicines, as these will need to be noted in your records.

### *What if I need a translator?*

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If you need help with translation, there are always translators available who speak Arabic – if you require a different language – please let us know and we can arrange this.

### *Are there any risks associated with having a capsule endoscopy?*

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Capsule endoscopy is a well-tolerated and safe procedure and side effects are rare. To date, more than 400,000 examinations have been performed worldwide. The main risk is capsule retention, which is estimated to occur in less than 0.75% of cases. In the rare instances when this occurs, an endoscopy or an operation may be required to remove the capsule.

**If you have any questions or need further information, please contact the Endoscopy unit:**

Tel: 020 7460 5605

Fax: 020 7460 2438

The unit is open from 8.00am to 6.00pm, Monday to Friday.

[www.cromwellhospital.com](http://www.cromwellhospital.com)

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