

Capsule Endoscopy

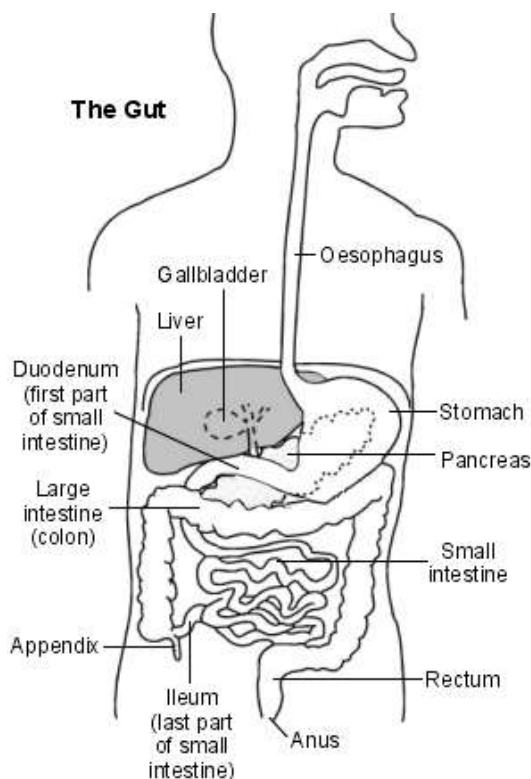


Please read this patient information carefully 14 days before your appointment, so you have time to contact us in advance with any questions.



What is a Capsule Endoscopy?

Your doctor has referred you for a test called a Capsule Endoscopy, which allows us to examine your small intestine. The capsule is smooth and the size of a large vitamin tablet; most people find this easy to swallow.



The capsule takes pictures as it moves through your small intestine - these are transmitted from the capsule to eight leads attached to your abdomen. The leads are attached to a recorder unit, which is secured to your waist. The leads and recorder are removed after 12 hours and the recorded images are reviewed.

Can I take my usual medication?

You may take most of your usual medications. However, there are some which you should avoid in preparation for Capsule Endoscopy; these are identified in the table below. You may restart all of your medication the following day as usual. If you have any questions about this please speak to your consultant.

When to stop medication for Capsule Endoscopy:	
14 days before	Anti-inflammatory painkillers e.g. Ibuprofen, Diclofenac)
7 days before	Iron supplements e.g. Ferrous sulphate
	Stool bulking agents e.g. Fybogel
The day before	ACE Inhibitors e.g. Captopril, Cilazapril, Enalapril, Fosinopril, Imidapril, Lisinopril, Perindopril, Quinapril, Ramipril, Trandolapril
	Diuretics e.g. Bendroflumethiazide, Bumetanide, Frusemide, Indapamide, Metolazone, Spironolactone
	Angiotensin-II Receptor Antagonists e.g. Candesartan, Eprosartan, Irbesartan, Losartan, Olmisartan, Telmisartan, Valsartan
	Diabetic Medication e.g. Metformin, Gliclazide
On the day	Codeine or opiate painkillers e.g. Morphine

What if I can't make my appointment?

The endoscopy administrative team are available in office hours on 01225 824069 and can help with rescheduling.

Before a Capsule Endoscopy

It is important to inform us if you have:

- Cardiac pacemaker or implanted electronic device
- Known intestinal obstruction, strictures or fistulae
- Difficulty swallowing
- Diabetes
- Pregnancy
- An MRI scan planned in the near future

If any of these apply to you please contact your consultant as we may need to assess you further before proceeding with the capsule endoscopy. You can email on ruh-tr.gastrosecs@nhs.net or call in office hours via switchboard on 01225 428331 and ask for your consultant's secretary.

Preparing for Capsule Endoscopy


On the day before your Capsule Endoscopy

- **You may have lunch at 12-1pm and then no food after this; you can continue to drink clear fluids only thereafter.**
- Clear fluids are liquids such as water, black tea or coffee and juice or squash that you can clearly see through.
- You can have consommé (clear soup with no 'bits').
- You should not have red or purple jelly, orange juice, barley squash or soup.
- You may continue to drink clear fluids until midnight.

On the day of the Capsule Endoscopy

- Do not eat or drink after midnight.
- Attend the endoscopy department: B57, zone B, second floor.

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- Wear separate top and trousers/skirt so that the leads can be easily connected to the recorder unit.
 - Do not use any moisturising creams on the chest or abdomen.
 - We may have to shave body hair in areas where antenna leads need to be attached securely, such as the chest.
 - The recorder unit is small, and mounted in a wide belt.
 - You may be given a small tablet (Domperidone) to promote movement of the capsule through your digestive tract.
 - We will ask you to swallow the capsule with a little water.

During the Capsule Endoscopy

- You will not need to remain in hospital; forty minutes after the capsule has been swallowed you can go home, with instructions on how to disconnect the equipment.
- You may carry on with your normal activities whilst the device records internal images. You are free to move about, but avoid strenuous activity and treat the recorder with care.
- Usually you can resume drinking two hours after the capsule has been swallowed, and may eat after four hours; the nurse will write down the times for you.
- Twelve hours after swallowing the capsule you can safely remove the recording device yourself.
- Please arrange return of the equipment with the endoscopy unit nursing team.
- Please inform the endoscopy unit if you experience any skin irritation from the leads.

Are there any side effects of Capsule Endoscopy?

Side effects of Capsule Endoscopy are rare. You should avoid airport scanners and MRI scans for a fortnight. The capsule may have difficulty passing into the large intestine (colon), called capsule

retention. This occurs in 3 in 100 persons and may require emergency medical, endoscopic or rarely abdominal surgery to remove a capsule which has become stuck.

If you have any stomach pain, nausea or vomiting after the Capsule Endoscopy please contact the endoscopy nursing staff; alternatively, seek medical advice from your nearest emergency department and mention the Capsule Endoscopy. The endoscopy nursing team are available on **01225 821425** or **01225 821788** Monday-Friday, 8am-5pm and Saturday – Sunday 9am-11am.

What happens after the Capsule Endoscopy?

The recording will be examined, then a report is written. This will be provided to your doctor who requested the test, who can then meet with you or write to you with the results. The results are not available directly from the endoscopy department.

Further information

You can email on ruh-tr.gastrosecs@nhs.net or call via switchboard on 01225 428331 and ask for your consultant's secretary.

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Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital. Email ruh-tr.pals@nhs.net or telephone 01225 825656.