

## **CAPSULE ENDOSCOPY PATIENT INFORMATION SHEET**

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

Your Specialist has recommended a Capsule Endoscopy to investigate your symptoms and determine the best course of treatment for you.

This procedure involves swallowing a small capsule (about the size of a jellybean) that takes photos as it passes through your digestive tract. These images are transmitted to sensors that are concealed in a belt, worn firmly around your waist. The sensor belt is attached to a data recorder that sits in a pouch worn over your shoulder. The data recorder saves these images and after 8 hours the belt and recorder are taken off, and the images are downloaded for viewing by our Capsule Endoscopy Specialists.

You should not have a Capsule Endoscopy if you have any of the following

- known stricture (narrowing) of the bowel
- gastrointestinal fistulae
- known large diverticula
- a pacemaker or any other implanted electrical device
- certain types of gastric surgery. Please discuss this with your Doctor or our Registered Nurse before the examination takes place

### **Possible Complications of Capsule Endoscopy.**

There is a small potential risk of capsule retention, where the capsule becomes lodged in a previously unsuspected stricture (narrowing) of the bowel and causes an obstruction. The capsule will usually pass spontaneously but may require an operation.

It is important for you to recognize early signs of possible complications. If you have a fever, trouble swallowing, chest or abdominal pain please contact your Doctor immediately. Our Registered Nurse will discuss this with you on the day of your procedure.

### **Patient Information.**

To ensure optimum views of the small bowel you will need to have a modified diet and undertake a bowel preparation on the day prior to your appointment. The instructions and Picoprep sachet are included with this pack. You will be asked to fast overnight before your procedure.

You will be asked to come early in the morning to Digestive Health Services to have the belt fitted and swallow the capsule. The Capsule Endoscopy procedure

will then last at least 8 hours however you do not need to remain at DHS. During this time you may continue with your daily activities, avoiding unsuitable environments and or physical movements.

You will be able to drink clear fluids 2 hours after swallowing the capsule and eat a light lunch 4 hours afterwards, taking any daily medication at that time. You may continue with a light diet and normal fluids from then on.

The capsule endoscope is disposable and will pass naturally in your bowel motions within 2 or 3 days. We ask that you monitor your motions during this time and if possible note when the capsule is excreted. It is not necessary to retrieve it.

Please handle the sensor belt and data recorder carefully. DO NOT loosen the belt or disconnect it from the data recorder at any time. DO NOT expose them to shock, vibration, moisture or direct sunlight which could result in loss of your images. In some circumstances you may be able to remove the belt yourself AT A SPECIFIED TIME and return the equipment to DHS the next morning. Our Registered Nurse will discuss this with you if it is appropriate.

After ingesting the capsule and until it is excreted, you must avoid any source of powerful electromagnetic fields. You should not have a Magnetic Resonance Imaging (MRI) examination or be near a MRI device.

A report of your Capsule Endoscopy will be sent directly to your referring Specialist. Please follow up with him/her for your results. A copy will also be sent to your GP.