



What is Capsule Endoscopy?



Capsule Endoscopy involves swallowing a small (the size of the large vitamin pill) capsule, which contains a colour camera, battery, light source and transmitter. The camera takes two pictures every second for eight hours, transmitting images to a data recorder about the size of a portable CD player that patients wear around the waist.

Capsule endoscopy assists in diagnosing gastrointestinal conditions in the small bowel such as: bleeding, malabsorption, chronic abdominal pain, and chronic diarrhoea.

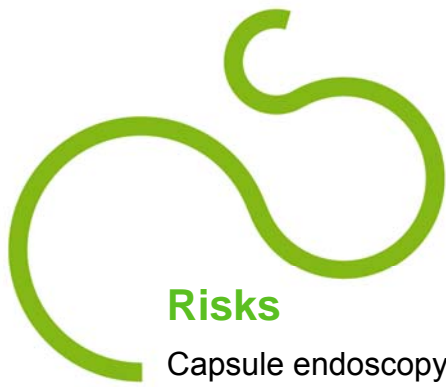
Once swallowed the camera moves naturally through the digestive tract. Approximately eight hours after ingesting the camera, patients return to the Endoscopy Unit where the recording device is removed by the nurse, the images are downloaded to a computer and evaluated. The Capsule is disposable and will be passed naturally in the bowel movement.

Benefits/Alternatives

- the capsule is easily swallowed
- it is painless and sedation free during the procedure
- the patient can relax in comfort and walk about, without a hospital stay
- exposure to potentially harmful radiation does not occur
- additional investigations can often be avoided

Capsule Endoscopy is usually used when other methods such as: Gastroscopy, Colonoscopy and/or Enteroscopy have failed to provide a diagnosis.

Alternatives like Double Balloon Enteroscopy involve passing a long endoscope all the way down in to the small bowel. This is more invasive and carries a greater risk.



Risks

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.

Should there be any doubts about using the capsule, a biodegradable Patency Capsule (which dissolves away should it get stuck) may be performed first.

Please telephone the Department if any of the following apply:

- You have pacemaker or any cardiac device.
- You suffer from abdominal pain and vomiting after meals
- Have had previous small bowel surgery
- You have been taking Non Steroidal Anti Inflammatory drugs for 6 months or more.
- You have been diagnosed with Crohn's Disease

Where is the procedure performed?

Please come to the Endoscopy Unit at Hillingdon Hospital (ground floor) Outpatient entrance.

Preparation Instructions:

Medications, one week prior to your appointment:

- Stop taking iron tablets 7 days before your appointment
- If you are Diabetic and take either Insulin or tablets to control your Diabetes, please contact the Endoscopy Unit on **01895 279214**
- All other medications are fine to continue with as normal.



THE DAY before your capsule endoscopy procedure

- You may eat a normal diet until lunchtime (no later than 1pm) the day before you procedure
- After lunch you are to commence a LIQUID ONLY diet. **DO NOT** eat any solid food until after the test.

After 10pm you must not eat or drink anything until after the Capsule has been ingested. You may take any necessary medications after this time with a sip of water.

The day of your capsule endoscopy

- Arrive at the Endoscopy Unit at the requested appointment time, the Nurse will admit you and take a brief medical history. Your informed consent will be obtained at this time. If you have any worries or questions at this stage, do not be afraid to ask.

What happens during the capsule?

- Following admission a belt containing the radio sensors will be placed around your waist and the data recorder will be attached. This will remain in place for the 8 hour duration of the test.
- After these are fitted the Nurse will instruct you to swallow the Capsule with a mouthful of water.
- After swallowing the capsule you are not to eat or drink for a further TWO hours.
- At TWO hours, you may drink only and then continue drinking for the remainder of the procedure, if you wish
- After FOUR hours have passed you may eat a light snack. **DO NOT** eat any more until after the procedure has finished.
- Throughout the procedure (every fifteen minutes) you will be asked to check that the blue light on the top of the data recorder continues to blink twice a second. This signals that the capsule images are being transmitted correctly. Please contact the department if the light goes off.
- For the duration of the procedure, avoid strenuous exercise or physical activities that involve stooping/bending or cause sweating.
- Contact the Endoscopy Unit immediately if you experience any abdominal pain or vomiting during the procedure.
- You will be asked to return to the Endoscopy Unit at approx 1600hrs on the day of the procedure, once completed the Nurse will remove the sensor belt and data recorder. You are now free to resume normal activities and diet.



After The Capsule

At the end of the procedure the belt and data recorder will be removed. The test is then complete. The capsule is disposable and will be passed from your body naturally.

Discharge advice and follow-up

After the procedure is completed the information from the data recorder will be processed and a video will be created and subsequently reviewed. Once the video has been reviewed you will be given an outpatient appointment to discuss the results. If it becomes apparent during the video review that you have retained the capsule, we will contact you to come to the hospital for an xray.

You should avoid any powerful electromagnetic fields particularly MRI scans until the Capsule has passed

Contact Details:

Questions or problems:

If you have any concerns or problems please contact the Endoscopy Unit:
Open between 0830 am – 5pm Monday to Friday Tel: 01895 279214

Who to contact out of hours

If you develop any urgent problems following your discharge and you feel that they cannot wait until the Endoscopy Unit is next open, then please contact your GP or NHS Direct who will advise you.

NHS Direct

Tel: 0845 46 47

www.nhsdirect.nhs.uk



Languages/ Alternative Formats

Please ask if you require this information in other languages, large print or audio format. Please contact: 01895 279973

Fadlan waydii haddii aad warbixintan ku rabto luqad ama hab kale. Fadlan la xidhiidh 01895 279 973

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਜਾਂ ਰੂਪ ਵਿੱਚ ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕ੍ਰਿਪਾ ਕਰਕੇ ਪਤਾ ਕਰਨ ਲਈ 01895 279973 ਤੇ ਸੰਪਰਕ ਕਰੋ

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رابطہ کرو

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Jezeli chcialbys uzyskac te informacje w innym języku lub w duzej czcionce popros pracownika oddzialu o kontakt pod numerem telefonu: 01895 279973

如果你需要這些資料的其他語言版本、大字体、或音頻格式，請致電01895 279 973
▪ 詢。

إذا كنت تود الحصول على هذه المعلومات بلغة أخرى، بالأحرف الكبيرة أو بشكل شريط صوتي، يرجى الاتصال بالرقم التالي 01895279973 .