

## Endoscopy

# Small bowel capsule endoscopy

A small bowel capsule endoscopy is a procedure that allows the doctor to look internally at the lining of your small bowel (small intestine). This helps your doctor to find out why you have symptoms.

We'll ask you to swallow a capsule that contains a small camera. The capsule will move through your digestive tract naturally.

As the capsule passes through, it captures and transmits images of the lining of your small bowel. The images are detected by a sensor belt you wear around your waist and saved to a recording device you carry over your shoulder

Once we confirm the capsule is in your small bowel, you can go home. You'll return to the hospital in the evening to return the recording device and the sensor belt.

The capsule is disposable. It'll pass out of your body in the next few days in your normal bowel movement.

## Will it hurt?

No. This procedure is not painful. The capsule which is a similar size to a large vitamin pill (26X11 mm) is easily swallowed by most patients.



## Patient Information

### **What to do now you have your appointment**

- Check your appointment is convenient.
- Check you can get to the Endoscopy Unit and home again.
- Call us on 024 7696 6755 if you cannot keep your appointment.

### **Tell us if:**

- you are pregnant - the capsule endoscopy **must not** be performed during pregnancy
- you have any problems swallowing
- you have a history of abdominal surgery or radiation treatments
- you have a cardiac pacemaker or other implanted electromedical device in place- capsule endoscopy is contraindicated with these conditions

### **Preparing for your capsule endoscopy**

#### **5 days before your appointment**

**If you are on iron tablet, please stop taking it.**

#### **3 days before your appointment**

**Stop taking** the following medicines:

- Strong painkillers
- Codeine Phosphate
- Imodium
- Lomotil
- Fybogel

#### **1 day before your appointment**

You can eat breakfast and early lunch( 1pm). Do not eat solid food after lunch.

## Patient Information

### At 6pm

Make up the Moviprep solution:

1. Add Moviprep A and Moviprep B sachets to a 1 litre container.
2. Pour 1 litre of water into the container
3. Stir until all the powder has dissolved. This can take up to 5 minutes.
4. The Moviprep solution is clear or slightly hazy.

Drink the Moviprep solution over 1 to 2 hours. Try to drink a glass every 10 to 15 minutes.

Drink another 1 litre of clear liquid, preferably water, to prevent you being thirsty and dehydrated.

### Nothing to drink after 10pm

- Stay close to a toilet once you've drunk the Moviprep solution – You should expect frequent bowel actions and eventually diarrhoea. Some intestinal cramping is normal.
- Use a barrier cream (zinc & castor oil) on your bottom to prevent soreness.

## On the day of your appointment

### Don't:

- × Do not eat or drink anything, except for your necessary medication with sips of water.
- × Do not arrive too early for your appointment.
- × Do not bring any valuables or large amounts of cash with you.

### Do:

- ✓ Take any medicines at least 2 hours before your appointment time.
- ✓ Wear loose fitting two-piece clothing.
- ✓ Wear a thin upper garment made of a natural fibre cloth (cotton). It must be long enough to reach your hip level.

## Patient Information

- ✓ Bring in any medicines you are taking (including inhalers), or a list of their names.

You can wear another layer of clothing over the sensor belt such as a sweatshirt, sweater, or jacket.

## During your appointment

Once you book into the Unit at the reception desk, a nurse specialist meets with you. The nurse gives you a brief medical assessment to establish your medical condition and find out your past medical history.

The nurse will record your blood pressure and heart rate.

- If you are diabetic, the nurse will record your blood glucose level.
- If you have breathing problems, the nurse will record your oxygen levels.

As UHCW is a teaching hospital, your procedure may be observed or assisted by trainee staff. Please inform us if you do not wish to have trainees present.

The nurse specialist will explain the procedure to you, and you'll be given the opportunity to ask any questions that you may have. You will be asked to sign a consent form giving your permission to go ahead with the procedure. The consent form confirms that you understand the risks and benefits of the procedure.

The nurse specialist will place a belt containing the radio sensors around your waist and the data recorder will be attached. This will remain in place for about 9-hour duration of the test.

After these are fitted, the nurse specialist will ask you to swallow the capsule camera with a small amount of water. They'll check the capsule progress via the data-recorder regularly. As soon as they confirm the capsule has left your stomach, you'll be discharged home.

## Patient Information

You need to return to the hospital in the evening, the nurse specialist will check the progress. If she confirms the test is complete, she will disconnect the sensor belt and recording device.

The images from the data recorder will be processed and a video will be created and reviewed.

If your stomach cannot push the capsule into your small intestine naturally, we may need assist it using a gastroscope. This occurs very rarely but if required we'll discuss with you and obtain your permission first.

## Discharge advice

### After swallowing the capsule

#### After two hours

- You can take your medicines with sips of water.
- You can drink colourless fluids:

<b>You can drink</b>	<b>Do not drink</b>
✓ Water	× Dairy products
✓ Tea without milk, cream or sugar	× Fruit juice
✓ Coffee without milk, cream or sugar	× Coloured soft drinks e.g. cola
✓ Clear soft drinks	× Vegetable juice
✓ Clear juices e.g. apple, grape, cranberry	× Soup
	× Carbonated drinks

#### After four hours

You can have a light snack.

Check the blue flashing data recorder light every 15 minutes. If it stops blinking or changes colour, note the time and contact us.

## Patient Information

Complete the capsule endoscopy event form - record the time of any event such as eating, drinking or changes in activity levels. Return the completed form to the nurse when you return to have the equipment removed.

### **Avoid:**

- Avoid strong electromagnetic fields, such as MRI scans or ham radios until you pass the capsule out in a bowel movement.
- Avoid sudden movements. Avoid banging the recorder.
- Avoid direct exposure to bright sunlight.

### **Don't:**

- × Do not disconnect the equipment or remove the belt during the procedure.

## **After the procedure**

You can return to your usual diet once the procedure is complete and the recording device is removed.

## **Results**

We'll send a report to your consultant with the results. Your consultant will discuss the results with you at your next outpatient appointment.

## **Risks**

Rarely, if the capsule does not exit the intestine, you may need an X-ray. Please inform your attending nurse specialist if you have abdominal pain, nausea or vomiting during the procedure. A capsule that cannot exit the intestine on its own may be removed by endoscopy or surgery. We'll give you a contact number before you leave the hospital.

If you aren't sure the capsule passed out of your body, contact your attending nurse who will discuss with a doctor. You may need an abdominal X-ray to confirm capsule passage especially before having an MRI scan.

## Patient Information

We may need to repeat the test if we do not get a good view of your small bowel.

If you need more information or clarification, please contact Beibei Liu, Clinical Nurse Specialist Capsule Endoscopy Service, on 024 7696 7361.

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 024 7696 7361 and we will do our best to meet your needs.

The Trust operates a smoke-free policy.

### Did we get it right?

We would like you to tell us what you think about our services. This helps us make further improvements and recognise members of staff who provide a good service.

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[www.uhcw.nhs.uk/feedback](http://www.uhcw.nhs.uk/feedback)



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