

## Endoscopy Department

# Small Bowel Capsule Endoscopy

### What is small bowel capsule endoscopy?

Small bowel capsule endoscopy is a test which allows the doctor to look internally at the lining of your small bowel (intestine). By doing so it may help us to establish reasons for your symptoms.

You will be asked to swallow a capsule containing a small camera which will move naturally through the digestive tract. As the capsule passes through it will transmit images of the lining of your small bowel. These images will be detected by a Sensor Belt which you wear around your waist, and fed into a small recording device. Once it has been confirmed that the capsule has passed into the small bowel you will be allowed home. You must then return to the hospital in the evening to return the recording device and the Sensor Belt. The capsule is disposable and will pass out of your body over the next few days in your normal bowel movement.

### Will it hurt?

The procedure is not painful. The capsule which is a similar size to a large vitamin pill (26X11 mm) is swallowed easily by most patients.

### What to do now you have your appointment

- Check if it is convenient
- Check if you can get to the Endoscopy Unit and home again
- Phone us on 024 7696 7361 or 024 7696 6755 if you cannot keep this appointment
- Tell us if you have any problems swallowing, a history of abdominal surgery or radiation treatments, have a cardiac pacemaker in place
- Tell us if you are pregnant as the Capsule Endoscopy should not be performed during pregnancy



## Patient Information

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

### Preparation for your test

#### Five days prior to you appointment

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

#### Three days prior to your appointment

- **STOP** taking any of the following medications:  
**Strong painkillers**                      **Codeine Phosphate**  
**Imodium**                                      **Lomotil**  
**Fybogel**

#### One day before your appointment

- **Fluids only** to be taken after **lunch (do not** eat solid food after lunch);
- **At 6pm** - add **Moviprep A and Moviprep B** sachets to a litre container. Pour 1 litre of water and stir until all the powder has dissolved and the Moviprep solution is clear or slightly hazy. This may take up to 5 minutes.  
Drink this over 1-2 hours. Try to drink a glass every 10-15 minutes.  
Drink a further litre (approximately 2 pints) of clear liquid, preferably water, to prevent you becoming thirsty and dehydrated;
- **Nothing to drink after 10pm.**

You should expect frequent bowel actions and eventually diarrhoea; you should therefore stay close to a toilet once you have taken the Moviprep. Some intestinal cramping is normal. Please use a barrier cream (zinc & castor oil) on your bottom to prevent soreness.

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### **On the day of your appointment**

- Do not eat or drink anything, except for necessary medication with a sip of water;
- Any medication taken **must** be at least two hours before your appointment time;
- Wear loose fitting two-piece clothing;
- Because the sensor belt must not be worn over synthetic fabric, you will need to wear an upper garment of thin, natural fibre cloth (cotton) that is long enough to reach at least to hip level;
- Another layer of clothing such as sweatshirt, sweater, or jacket may be worn over the sensor belt;
- Bring in any medications you are taking (including inhalers), or a list of their names;
- Do not arrive too early for your appointment;
- Do not bring any valuables or large amounts of cash with you.

### **During your appointment**

Once you have booked into the Unit at the reception desk you will be met by a nurse specialist who will give you a brief medical assessment. This is to establish your medical condition and find out about any past medical history.

Your blood pressure and heart rate will be recorded and if you are diabetic, your blood glucose level will also be recorded. Should you suffer from breathing problems; a recording of your oxygen levels will be taken.

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. This is to make sure 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 the 9 hour duration of the test. After these are fitted, the nurse specialist will instruct you to swallow the Capsule camera with small amount of water. She will check the capsule progress via the data-

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recorder regularly, as soon as she confirmed that the capsule has left your stomach you'll be discharged home. You then need to return to the hospital in the evening, the nurse specialist will check the progress to confirm the test has completed, and then 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 subsequently reviewed.

If your stomach is unable to push the capsule into your small intestine we may have to assist it using a gastroscope. This occurs very rarely but if required we will discuss with you and obtain your permission first.

### Discharge advice

#### After swallowing the capsule

- After two hours you may drink colourless fluids.

##### **Allowed**

Water

Tea **without** milk, cream or sugar

Coffee **without** milk, cream or sugar

Clear soft drinks

Clear juices e.g. apple, grape, cranberry

##### **Forbidden**

Dairy products

Fruit juice

Coloured soft drinks e.g. cola

Vegetable juice

Soup

Carbonated drinks

- After two hours necessary medications may be taken with sips of water.
- After four hours you may have a light snack. Once the procedure is completed and the recording device removed you may return to your normal diet.
- Check the blue flashing Data Recorder light every 15 minutes. If it stops blinking or changes colour, note the time and contact us.
- Complete the Capsule Endoscopy event form recording the time of any event such as eating, drinking or changes in activity. Return the completed form to the nurse when you return to have the equipment removed.
- Avoid strong electromagnetic fields, such as MRI scans or ham radios after swallowing the capsule and until you pass it in a bowel movement.
- Do not disconnect the equipment or completely remove the belt at any time during the procedure.

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- Treat the Data Recorder carefully; avoid sudden movements and banging of the recorder.
- Avoid direct exposure to bright sunlight.

## Results

A report will be sent to your consultant, who in turn will discuss the results with you at your next outpatient appointment.

## Risks

Rarely, if the capsule does not exit the intestine an X-ray may be needed. Please inform your attending nurse specialist if you have abdominal pain, nausea or vomiting during the procedure. A capsule unable to exit the intestine spontaneously may be removed by endoscopy or surgery. A contact number will be given to you before you leave the hospital.

If you are not certain the capsule has passed out of your body, contact your doctor for evaluation and possible abdominal X -ray before undergoing an MRI scan.

The test may be repeated if good views of the intestine are not obtained.

**If you require any further 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

To give feedback on this leaflet please email [feedback@uhcw.nhs.uk](mailto:feedback@uhcw.nhs.uk)

### Document History

Department:	Endoscopy
Contact:	27361
Updated:	June 2021
Review:	June 2023
Version:	4
Reference:	HIC/LFT/1997/15