

INFORMATION FOR PATIENTS

Small bowel capsule endoscopy

Capsule endoscopy assists in diagnosing gastrointestinal conditions. This involves ingesting a small (the size of a 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 small A6 size book that is held in a pouch around your shoulder and sits on your waist.

Once swallowed the camera moves naturally through the digestive tract while you carry out your normal activities. Approximately eight hours after ingesting the capsule, you should return the recorder to the department for the images can be downloaded to a computer and evaluated. The capsule is disposable and will be excreted naturally in your bowel movement. In the rare case (0.75%) it will not be excreted naturally, it will need to be removed endoscopically or surgically.

Instructions prior, during and after the procedure

One week before the procedure

Stop iron tablets if you take them.

Three days before the test

Start a low residue diet (instructions on a separate leaflet)/

The day before the procedure:

- **All patients can have a normal light breakfast and light lunch before midday** from the low residue diet and then **clear fluids** until 10pm.
- **You may be asked to take two senna tablets at 9pm.**
- **Diabetic patients** should take a **light** evening meal before 8pm (soup/sandwich with white bread).
- **All patients water only** from 10pm until the start of the test.
- **Take any medications two hours before the test.**

Day of the procedure:

- Arrive at the department at the allocated time .
- Your admission will be completed and information taken.
- The recorder will be fitted.
- Individual patients may be given Metoclopramide to assist the capsule transit. If this is required you will be informed before the test.
- You will swallow the capsule with a small amount of water.
- You can leave the department if you wish for 30 minutes. After you return we will ensure the capsule is progressing.
- Stay active during the day as this will encourage the capsule to pass through the digestive tract.

After you have taken the capsule:

- **Do not** eat or drink for **at least** two hours. After four hours a **light snack** can be eaten. After around eight hours you can continue with your normal diet.
- **Until** the capsule is passed, **do not** go near any powerful electro-magnetic sources, for example MRI scanners and radio transmitters.
- **Do not** disconnect the equipment or remove the belt for the duration of the recording.
- **Please** take care of the equipment; damage could potentially mean the test may fail.
- **During** the recording check **around every 15 minutes** that the small blue light is blinking twice per second. If this stops please contact the department on the numbers below and record the time.
- **After eight hours** remove the belt and the recorder and place them in the bag provided, then return them to the Endoscopy Department.

If you experience any abdominal pain, cramping or other unfamiliar symptoms, please contact the relevant department on 01623 622515 and extension:

- **4076 for King's Mill Hospital**
- **5875 for Newark Hospital.**

Patient instructions following capsule ingestion:

- You may drink from:
- You may eat from:
- Please return the recorder at:

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service:

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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