

## INFORMATION FOR PATIENTS

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### Endoscopy department

## Colon capsule exam

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### PillCam technology

The PillCam COLON capsule is an easy to swallow disposable pill with two cameras inside. It takes thousands of pictures as it travels along your gut and transmits the pictures wirelessly to a data recorder that you wear around your waist. This allows the hospital team to view the lining of your bowel. It can also help determine if a colonoscopy is necessary.



The PillCam COLON capsule endoscopy does not require sedation or a stay in hospital. You will wear a data recorder as pictured which you can take home and return the following day, it records pictures sent from the capsule as it travels through your gastrointestinal tract, until it is passed out in your poo.



### Preparing for your procedure

Your colon needs to be completely emptied prior to your procedure. For 3 to 5 days before your test you will be asked to start a low residue diet to help clear the colon, you will be provided with this information. The day before your test You will be asked to start taking a laxative solution to clean your colon so the camera can capture clear images to ensure an accurate diagnosis from your doctor. You will be asked to collect this and instructions will be given how to take.

**During the procedure**

Once you've swallowed the capsule, it captures images as it travels naturally through your colon. You'll need to take extra laxatives and a tablet (called a prokinetic) to help the capsule move through the bowel before the battery runs out; this will be fully explained when you attend for your capsule test.

It's best to remain active, walking around when possible, to encourage natural movement through the bowels. You should avoid lying down or sleeping during the procedure.

The images are transmitted to a data recorder that you wear in a pouch and strap around your shoulder, and a belt around your waist. After the procedure is complete, your health professionals will download the data and analyse the images.

**After the procedure**

If you don't notice the capsule pass into the toilet after two weeks, you may require an x-ray to check that the capsule has been passed successfully. We will keep in contact with you; it is rare for the capsule to be retained but an x-ray will confirm this, as sometimes you won't see the capsule pass.

**When will I get my results?**

Following the procedure, the images of your colon will be transferred from the recorder to a computer. They will be organized into a video to be reviewed. Once reviewed your doctor will contact you to discuss the results.

**How long does the procedure take?**

It takes up to 10 hours to complete the procedure. During this time, you are fully awake and can go about a normal day.

**How big is the capsule - will I feel any pain or discomfort?**

It is about the size of a vitamin pill and easy to swallow. It has a smooth texture similar to capsules swallowed for pain relief. You shouldn't feel any pain or discomfort when swallowing it, or while it moves through your colon.

**How long is the recovery?**

Recovery is immediate because there's no sedation required. While the capsule transmits images, you will be able to continue with your normal routine and perform daily tasks such as driving. As you will be required to take further laxatives you may wish to remain close to toilet facilities.

**Do I need to retrieve the capsule?**

No. The capsule is disposable and passes through the body naturally during a bowel movement.

**Can I take my regular medication?**

Every patient is different, so it is important to speak to your healthcare professional about continuing your regular medications during the procedure. Diabetic medication needs to be discussed with your diabetic nurse or specialist.

**Access the QR link below for a video  
and further information for your  
procedure.**



### **Further information**

Should you need further information or advice, please contact the Endoscopy department on 01623 622515, extension 4420.

You can write down any questions for your healthcare professional in the space below.

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### **Further sources of information**

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://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](mailto: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](mailto: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](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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