

Instructions for taking Bowel Preparation for colon capsule endoscopy

Author: Kamal Aryal, Consultant, General Surgery & Urology



James Paget
University Hospitals
NHS Foundation Trust

PREPARATION FOR A MORNING APPOINTMENT

Prior to appointment please view the below weblink which explains about the procedure:-

medtronic.com/uk-en/pillcamcolon

ONE WEEK BEFORE THE TEST

- Stop taking your iron tablets.

FOUR DAYS BEFORE THE TEST

- Avoid taking any strong analgesia, if required use Paracetamol.
- Avoid taking any bulking agents such as Fybogel.

TWO DAYS BEFORE THE TEST

- Eat low fibre foods only. These are boiled or steamed white fish, boiled chicken, potato (no skin), egg, cheeses, white bread, butter or margarine, seedless jam, marmite, honey, rich tea biscuits, chocolate, yoghurt, clear jelly and ice cream.

Foods NOT permitted - *Red meat, fruit, vegetables, nuts, pulses, red or orange jelly or cereals.*

You have been provided with a pack containing four sachets of MoviPrep.

How to prepare the MoviPrep:

- Empty the contents of one 'sachet A' (light yellow powder) and one 'sachet B' (light brown powder) into a large jug.
- Add one litre (1 $\frac{3}{4}$ Pints) of tap water.
- Stir until the powder is completely dissolved. You may add cordial to taste (not blackcurrant) if you require.
- The solution is now ready to drink.

ON THE DAY BEFORE THE TEST:

Clear fluids permitted – *water, clear soup (chicken, beef, vegetable broth strained to remove any bits) fruit juice (clear, without pulp), soft drinks, tea, coffee (without milk).*

Fluids not permitted – *alcohol, milk, anything coloured red or purple (e.g. blackcurrant juice) or any other drinks containing pulp/ bits.*

7pm Start drinking the prepared 'sachet A' and 'sachet B' of MoviPrep solution over the next two hours. Drink one glassful (250ml) every 30 minutes - take your time, there is no need to rush.

9pm Drink an additional glass (250ml) of water or clear fluid every hour over the next two hours.

6 am Start drinking the second prepared 'sachet A' and 'sachet B' of MoviPrep solution over the next two hours. Drink one glassful (250ml) every 30 minutes - take your time, there is no need to rush.

8 am Drink an additional glass (250ml) of water or clear fluid every hour over the next two hours.

When you start taking the Moviprep solution it is important to stay close to a toilet. At some point you will start to experience watery bowel movements. This is quite normal and indicates that the Moviprep solution is working. The bowel movements will stop soon after you have finished drinking.

ON THE DAY OF THE TEST:

- No solid food.
- You may drink water / clear fluids until two hours before the appointment.

The test

You will come to the hospital and get the belt fitted for colon capsule endoscopy. You will need to take some extra preparation to take the PILCam colon capsule out. Capsule removal will be explained to you during the belt fitting. Another patient information leaflet about this is included with this information.

After fitting the belt

Follow booster regime instructions based on alerts which will be explained at your belt fitting. A separate leaflet will be provided by Medtronic.

It is recommended that patients sit down on a sofa or bed to remove the kit, to avoid anything dropping to the floor. There will be some boosters to take for which you will receive separate information. **Do not pull the wires or remove the sensors from the sleeves.** Remove your shoulder strap with the recorder and return the equipment to your clinic as instructed.

Your doctor will review the image results and determine the best next steps for your care.

Risk information

The risks of the PillCam™ COLON capsule include capsule retention, aspiration, skin irritation, perforation, obstruction, mucosal injury, and bleeding.

The risks associated with colon preparation are allergies or other known contraindications to any preparation agents or medications used for the PillCam™ COLON capsule regime, according to laxative medication labelling and per doctor discretion. Medical, endoscopic, or surgical intervention may be necessary to address any of these complications, should they occur.

After ingesting the PillCam™ COLON capsule, and until the capsule is excreted, patients should not be near any source of powerful electromagnetic fields, such as one created near an MRI device.

If you develop any problems at home, please call James Paget Hospital switchboard 01493 452452 and ask for the surgical on call doctor.

Feedback

We want your visit to be as comfortable as possible. Please talk to the person in charge if you have any concerns. If the ward/department staff are unable to resolve your concern, please ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care. **Before you leave the hospital you will be asked to complete a Friends and Family Test feedback card.** Providing your feedback is vital in helping to transform NHS services and to support patient choice.

TRUST VALUES: We CARE for...
our patients... each other... ourselves

BEHAVIOURS:

Courtesy and respect

Attentively kind and helpful

Responsive communication

Effective and professional

**#Proud
of the
Paget**



The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

For a large print version of this leaflet, contact PALS 01493 453240