



**James Paget
University Hospitals**
NHS Foundation Trust

Capsule Endoscopy



The investigation explained

If you are unable to keep your appointment please notify the Endoscopy Unit booking office as soon as possible

Patient Information

Contact telephone numbers -
Monday to Friday 08.00 – 18.00 hours

For appointments: please contact the Endoscopy Unit booking office on **01493 452690**

For advice: please contact the Endoscopy Unit on **01493 452370**

Introduction

You have been advised by your doctor to have a capsule endoscopy to investigate your condition. The information provided below explains how to prepare and manage taking the capsule.

If you are unable to keep your appointment please notify the department as soon as possible. This will enable the staff to give your appointment to someone else and they will be able to arrange another date and time for you.

This booklet will give you information about the investigation and its risks and benefits to help you make an informed decision about having the procedure.

What is a capsule endoscopy?

Capsule endoscopy provides you with total freedom during the procedure. You simply swallow the capsule and go about your normal routine while the capsule moves through your digestive system. All of the diagnostic data is stored on board the capsule.

Why do I need to have a capsule endoscopy?

You have been advised to undergo this investigation to try and find the cause for your symptoms, help with treatment and, if necessary, to decide on further investigation.

There are many reasons for this investigation including evaluation of obscure GI bleeding, iron deficiency anaemia, ulceration, erosions, inflammation, tumours, masses, Crohn's disease, coeliac disease, malabsorption, abdominal pain and diarrhoea.

Benefits and Alternatives

- The capsule is easily swallowed
- It is painless and you are sedation free during the procedure
- You can relax in comfort and walk about, without a hospital stay
- Exposure to potentially harmful radiation does not occur

- Additional investigations can often be avoided.

Capsule endoscopy is used when other methods such as: gastroscopy, colonoscopy and/or enteroscopy have failed to provide a diagnosis.

Alternatives like double balloon enteroscopy involve passing a long endoscope all the way down in to the small bowel. This is more invasive and carries a greater risk.

Please telephone the Endoscopy Department if any of the following apply to you:

- You suffer from abdominal pain and vomiting after meals
- You have had previous small bowel surgery
- You have been taking Non-Steroidal Anti Inflammatory drugs for six months or more
- You have been diagnosed with Crohn's Disease.

What are the risks?

Capsule endoscopy is usually safe and well tolerated. You may experience abdominal pain, nausea and vomiting. Occasionally the test may not work because of poor bowel preparation or technical failure.

Failure to retrieve the capsule: The information and pictures of the small bowel are stored in the capsule itself, so to get the result it is imperative that the capsule is retrieved.

Rarely, capsule retention may occur. The risk factors for capsule retention are:

- Previous small bowel resection,
- Abdominal radiation therapy
- Chronic use of high-dose non-steroidal anti-inflammatory drugs (NSAIDs).

The overall risk is small but may require endoscopic or surgical intervention to retrieve the capsule if this happens.

The risk of capsule retention is approximately 2 for every 100 examinations for hidden (occult) GI bleeding, 8 for every 100

examinations in established Inflammatory Bowel Disease (IBD), 3 to 4 for every 100 examinations in suspected IBD, and 10 to 20 for every 100 examinations in small bowel tumours or polyps and subacute small bowel obstruction.

Preparation Instructions

Medications

If you are taking **iron tablets** you must stop these **seven days prior** to your appointment.

You should continue to take all of your other medications as normal.

Diabetics

If you are diabetic you should receive a separate sheet with information regarding your medication and diet. If you have not received this please ring the Endoscopy Unit booking office on 01493 452690.

If you have diabetes, advice can be obtain from the Diabetes Nursing Team on 01493 809977 or 01493 453373.

Diet

Follow the diet and bowel preparation instructions from the separate sheet provided.

The day of your investigation

Please arrive at the Endoscopy Unit at the requested appointment time. You will be met by a nurse who will ask you a few questions and take a brief medical history.

If there is anything you do not understand or wish to discuss further, or if you have any worries or questions at this stage, do not be afraid to ask. If you are happy to proceed your informed consent will be obtained at this time.

The nurse will instruct you how to swallow the capsule with a glass of water. Once you have swallowed the capsule you will be provided with a retrieval kit and you will be able to leave the department.

After you have swallowed the capsule

- **DO NOT** eat or drink anything for a further **TWO** hours
- After **TWO** hours, you may drink clear fluids only (e.g. tea and coffee without milk or cream; light coloured juice: apple, white grape, lemonade; clear broth: vegetable, chicken and beef; soda
- After **FOUR** hours you can eat and drink as normal and take any medications required.

If you have diabetes please refer to the information sheet for patients with diabetes.

Please contact the Endoscopy Unit immediately if you experience any abdominal pain, nausea or vomiting during the procedure.

If you are unable to speak to your nurse or doctor, you can phone or attend the hospital A&E department.

How do I retrieve the capsule and send it to the doctor?

On the day of your appointment the nurse will explain how to retrieve and send the capsule. You will be provided with a retrieval kit which contains instructions on how to retrieve the capsule. It is essential to familiarise yourself with these instructions. The kit contains a retrieval pan, a magnetic wand, a storage container, a white envelope and a pre-paid special delivery envelope.

It usually takes two to three days for the capsule to pass through your digestive system. Please use the retrieval kit every time you open your bowels from when you swallowed the capsule up to when you retrieve the capsule. All the diagnostic data is stored on the capsule and losing it means that there will be no information for your doctor to make a diagnosis and the test may have to be repeated.

If you do not pass the capsule within seven days please contact the Endoscopy Unit on 01493 453530 or contact your doctor.

You must not have an MRI scan until the capsule has passed.

How do I get the result?

Once you have posted the capsule as instructed, the lab will receive it after a few days. They will analyse the capsule and write a report to your consultant. Your doctor will either write to you and your GP about the results or they will arrange to see you in clinic.

Visit our website: <http://www.jpaget.nhs.uk/departments-services/departments-services-a-z/endoscopy-unit/#>

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

Courtesy and respect

- A welcoming and positive attitude
- Polite, friendly and interested in people
- Value and respect people as individuals
So people feel **welcome**

Attentively kind and helpful

- Look out for dignity, privacy & humanity
- Attentive, responsive & take time to help
- Visible presence of staff to provide care
So people feel **cared for**

Responsive communication

- Listen to people & answer their questions
- Keep people clearly informed
- Involve people
So people feel **in control**

Effective and professional

- Safe, knowledgeable and reassuring
- Effective care / services from joined up teams
- Organised and timely, looking to improve
So people feel **safe**



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

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