

# Small Bowel Capsule Endoscopy

## A Guide to the Procedure

Please read all your information leaflets as they give you instructions you will need to follow.

### What is capsule endoscopy?

A capsule endoscopy is a procedure in which you swallow a capsule that takes thousands of photographs as it passes through your stomach and bowels.

For this test we are only usually looking at the small bowel. It is likely that you have already had endoscopic examinations and/or scans of your large bowel and stomach.

### Current medication

You are advised to bring with you a list of all your current medication to your appointment.

### Preparation

Your small bowel needs to be empty and clear of all faecal matter to enable us to have a good view of the lining. You have been sent 2 sachets of Kleanprep bowel preparation (strong laxative) which will cause the bowel to empty.

Please follow the instructions below carefully to ensure a good result which is essential for a successful examination.

### 7 days before your capsule endoscopy:

- Stop taking any iron tablets or medications to control diarrhoea.
- Aspirin, Warfarin, Clopidogrel or any other blood thinner (anticoagulant or antiplatelet medication) does not need to be discontinued.
- If you are diabetic and want advice about managing the bowel preparation and/or diet please talk to your G.P. or practice nurse or, alternatively, telephone the endoscopy unit on **01392 402400**.
- If you have an implanted device such as a pacemaker or heart defibrillator, please phone the Endoscopy Unit on **01392 402400**.
- You may continue to take any other medications

### 3 days before your capsule endoscopy:

Follow the dietary advice detailed below. You can continue to eat but avoid high fibre foods and choose low fibre alternatives

✓ CHOOSE	✗ AVOID
<b>Cereals:</b> Cornflakes, Rice Krispies, Ricles, Frosties, Sugar Puffs, Coco Pops	Wheat bran, All Bran, Weetabix, Shredded Wheat, oat bran, branflakes, wheatflakes, muesli, Ready Brek, porridge
<b>Bread:</b> White	Wholemeal, high fibre white, soft grain or granary bread, oat bread
<b>Pasta:</b> White	Wholemeal pasta, brown rice
<b>Flour:</b> White	Wholemeal, granary flour or wheatgerm
<b>Savouries:</b> chicken, turkey, fish, cheese and eggs	All red meats
<b>Puddings, pastries, cakes, etc:</b> milk puddings, mousse, sponge cakes, mader cake, rich tea or wafer biscuits	Those containing wholemeal flour, oatmeal, nuts, dried fruit, etc. e.g. fruit cake, Ryvita, digestive or Hobnob biscuits
<b>Preserve and sweets:</b> sugar, seedless/pipeless jam, shredless marmalade, honey, lemon curd, boiled sweets, glucose tablets, mints	Jam or marmalade with pips, seeds or skins, sweets and chocolates containing fruit and/or nuts, muesli/cereal bars
<b>Soups:</b> clear or sieved soups	Chunky vegetable, lentil or bean soups
<b>Miscellaneous:</b> salt, pepper, vinegar, mustard, salad cream, mayonnaise	Nuts, Quorn, ground peppercorns, hommus

### 1 day before your capsule endoscopy:

- After 12:00 (midday) you should stop eating, but continue to drink only clear fluids (see list on page 3).

- At 16:00 make up one sachet of Kleanprep and drink over the period of the next hour. You may wish to add a cordial or fruit squash.
- At 18:00 make up another sachet of Kleanprep and drink as before.

You will experience a period of frequent bowel actions and diarrhoea.

### At midnight:

Stop drinking, except for a small amount of water with your usual medications if needed.

### Clear liquids

The following are suitable clear liquids to drink from midday to midnight on the day before your capsule endoscopy:

- Water
- Clear fruit juices
- Black tea or coffee (no milk or soy milk)
- Lucozade
- Barley sugar
- Clear broth
- Clear fruit cordials

### The day of your capsule endoscopy

You have been asked to attend for an early appointment. This is to maximise the amount of time available for the capsule to pass through your bowel. When you arrive, a member of the capsule team will explain the procedure and complete some paperwork and computer work. You will be given the opportunity to ask questions before signing the consent form.

Please keep jewellery to a minimum to avoid loss or damage. If at all possible, only wear wedding bands. Please do not bring excessive amounts of money with you. Please wear loose fitting clothes/separates (e.g. skirt/trousers and top) so that it will be easy to attach the required equipment around your waist and for your own comfort throughout the day.

Please be prepared to have either:

- Electrodes applied to your abdomen, or a belt fitted around your abdomen.
- In either case, you will be required to carry a recording unit with you, contained within a shoulder bag.

If you are diabetic or you are taking certain painkillers, you may need an injection to help the stomach empty more quickly. This is given intramuscularly (by injection) at the time you swallow the capsule. You do not need to stay in the endoscopy unit during the day of the test and you are free to return home. You will be advised of the time you should return to the endoscopy unit to have the equipment removed. This is usually around 18:00-18:30.

Please be advised that, if you are relying on community or hospital transport you are unlikely to be able to request two return journeys on the same day. Please tell the nurse on arrival that you are using community transport.

During the capsule endoscopy try to avoid any strenuous physical activity. Please do not bend or stoop excessively during the test. You should not go near any source of powerful electromagnetic fields, such as an MRI scanner or amateur radio transmitter.

Airport security should also be avoided for up to two weeks after the test. If you are planning to travel by air within the first two weeks following your appointment, please advise us before your appointment so that we may alter the date to suit.

## Eating and Drinking

After swallowing the capsule:

- You must not eat or drink anything for the first 3 hours
- Then you may drink clear fluids for the following 2 hours
- A light lunch can be eaten about 5 hours after swallowing the capsule. Normal diet can resume at the end of the procedure

## Returning to the unit

You will be able to go home immediately after the equipment has been removed. The capsule will pass in your motions and into the toilet. You do not need to retrieve the capsule and it can be safely flushed away.

## Results

The results of the capsule endoscopy will usually be sent to your referring doctor within 2-3 weeks.

## Risks

Capsule endoscopy is a safe test. There is a small risk that the capsule may become stuck in the small bowel due to a pre-existing narrowing (1 in 150 patients). If this occurs the capsule may eventually pass naturally, but urgent treatment or even an operation may be needed to remove the capsule.

Sometimes we can tell from your medical history if the capsule is likely to get stuck. In this instance you will be offered a different test first.

In most cases, the capsule will pass into your motions and into the toilet. This usually happens within 48 hours of swallowing the capsule, but for some people it can take a little longer.

If after two weeks you are convinced the capsule has not passed, please contact the endoscopy unit on **01392 402400** to receive advice.

## Endoscopy Unit Helpline

If you have any further questions regarding either the bowel preparation, including possible side effects, or any other aspect of the procedure, please contact the helpline on **01392 402400**. The opening hours are Monday to Saturday from 8am to 6pm. If you have an urgent query outside of these hours, please ring your GP or telephone 111.

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by Royal Devon staff undertaking procedures at the Royal Devon hospitals.

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