

Having a capsule endoscopy to examine your small bowel

Department of Endoscopy

Information for Patients

Last reviewed: December 2023

Next review: December 2024

Leaflet number: 952 Version: 3

What is a capsule endoscopy?

You will need to swallow a small capsule which is about the size of a vitamin pill. This is called an endocapsule. It contains a camera, battery, light source and transmitter. The camera takes 2 pictures every second for 8 hours, sending pictures to a data recorder about the size of a portable CD player that patients wear around the waist.

This will help us to find if something is wrong in the gut (small bowel) such as bleeding, problems absorbing food nutrients, long term stomach pain, and long term diarrhoea.

Once swallowed, the camera moves naturally through the body. About 8 hours after swallowing the camera, you will need to return to the Endoscopy Unit. A nurse will take the data recorder and download the pictures to a computer. The capsule is disposable and will be passed naturally when you poo.

What are the benefits?

- It is easy to swallow.
- It is painless
- You can relax in comfort and walk about, without a hospital stay.
- It tells us what we need to know
- Additional investigations can often be avoided.

Capsule endoscopy is usually used when other tests such as gastroscopy, colonoscopy or enteroscopy have not been able to find the cause of your problem.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

What are the risks?

Capsule endoscopy is a safe procedure and side effects are rare. More than 400,000 examinations have been performed worldwide. The main risk is if the capsule does not pass naturally out of the body (retention). This is very rare; if this happens, an endoscopy or an operation may be needed to remove the capsule.

Other risks include the camera equipment failing to work, meaning the test has to be done again.

In very rare cases the capsule can cause a hole or tear (perforation); there is then a small chance this could cause an infection or some bleeding.

It is possible to carry out a trial first with a patency capsule that dissolves if it gets stuck in the body.

We will give you an advice sheet on what to expect and a phone number to call if you start to feel unwell.

Please contact the Endoscopy Department if:

- there is a chance that you might be pregnant (capsule endoscopy is not undertaken if you are pregnant).
- you have had small bowel surgery in the past.
- you have a previous history of blockages in the gut.
- you have been diagnosed with Crohn's disease.
- you have been taking non-steroidal anti-inflammatory drugs such as ibuprofen, diclofenac, naproxen or aspirin (these are usually stopped for a month before the procedure - **but do not stop aspirin without consulting the Endoscopy Department**).

What do I need to do before the procedure?

Medications to be aware of:

- Please stop taking iron tablets 7 days before your appointment.
- Try to avoid non-steroidal anti-inflammatory drugs if possible, or at least a month before your test (aspirin, ibuprofen, diclofenac, naproxen etc.), but do not stop aspirin without consulting the Endoscopy Department.
- If you are diabetic and take either insulin or tablets to control your diabetes, please contact the Endoscopy Department on **0116 258 6997**.
- All other medications are fine to continue as normal.

Eating and drinking:

For a successful test your small bowel needs to be empty so that the capsule has a clear view.

You should:

- eat a low residue/ low fibre diet for 3 days before your test (see below)
- **have no food from midday on the day before your test.**
- take only clear fluids from midday until midnight on the day before your test.
This includes tea/ coffee without milk, water, squash, fizzy drinks, jelly (without red colouring) and ice lollies.
- have no food or drink (nil by mouth) from midnight on the day before your test.

You should try to eat low residue foods for 3 days before your test, such as:

- **white** bread including rolls, toast, pitta bread, crumpets, tortilla wraps, plain naan, chapattis
- white boiled rice
- dried or fresh white pasta (including gluten free)
- dried or fresh white noodles – egg or rice
- yams
- dishes made with maize, millet or cornmeal
- couscous – not wholemeal
- potatoes with no skin
- fresh, frozen or tinned fish
- eggs - boiled, poached or scrambled
- cheese, cream cheese or milk
- lean / tender meat and poultry / tofu
- rice pudding, yoghurt, custard
- crisps - Wotsits, Skips, Quavers
- cornflakes, rice crispies including chocolate/ sugar varieties

Foods to avoid:

You should avoid the following high residue foods for the 3 days before your test:

- wholemeal bread, including granary, seeded bread / rolls, toast, pitta bread, crumpets, tortilla wraps
- food made from wholemeal, granary or seeded flours
- brown rice or pasta
- potato and pasta products that have been cooked and then eaten cold e.g. pasta salad
- avoid fruit or vegetables
- avoid all nuts, pulses, beans and lentils

On the day of the procedure

Please come to the Endoscopy Department at the Leicester Royal Infirmary (Level 2, Windsor Building) at the time of your appointment.

If you need ambulance transport please call 0345 241 3012 to arrange this or contact your GP.

A nurse will ask you some questions and take a brief medical history. You will be asked to sign a consent form to agree to the procedure.

If you have any worries or questions at this stage, do not be afraid to ask.

What should I wear?

A belt is placed around your waist and some wires and a small bag around your shoulders. These are usually placed on top of a T-shirt or light top. You will then be able to put a jumper, cardigan or coat on top of these if you need to throughout the day.

What happens during the procedure?

- After talking to the nurse, a belt containing the radio sensors will be placed around your waist and the data recorder will be attached. This will stay in place for 8 hours.
- You will then swallow the capsule with a mouthful of water.
- After swallowing the capsule you must **not** eat or drink for **3** hours.
- After **3** hours, you can begin to drink only clear fluid.
- After **a further 2** hours (5 hours from when you swallowed the capsule) you can then eat a light snack, until the procedure is finished.
- Throughout the procedure (every 15 minutes) you will be asked to check that the blue light on the top of the data recorder continues to blink twice a second. This signals that the capsule images are being transmitted correctly. **Please contact the department if the light goes off.**
- Avoid strenuous exercise or physical activities that involve stooping/ bending or make you sweat.
- Do not lie down during the procedure and make sure you take regular walks.
- Contact the Endoscopy Department immediately if you experience any abdominal pain or vomiting during the procedure.
- You will be asked to return to the Endoscopy Department at approximately 5pm on the day of the procedure.
- The nurse will remove the sensor belt and data recorder. You can now go back to your normal activities and diet.
- The capsule is disposable and will be passed from your body naturally in your poo.

Discharge advice and follow-up

After the procedure is completed the information from the data recorder will be processed. A video will be created and reviewed. You will be given an outpatient appointment to discuss the results.

If we can see from the video that the capsule has not passed naturally through your body, we will contact you to come to the hospital for an X-ray.

You should avoid any powerful electromagnetic fields particularly MRI scans until the capsule has passed. Please contact the department if this is a concern.

Contact details

If you have any concerns, questions or problems please contact the Endoscopy Department on 0116 258 6997. We are open 8am until 6pm, Monday to Sunday.

Outside of these hours you can contact the NHS helpline on 111 for advice.

If you develop any urgent problems after you have been discharged home, especially if you develop unexplained stomach pain, feeling or being sick, then please contact the Endoscopy Department on the above number. Outside of the above hours please contact Ward 42 on 0116 258 6284.

If you have any questions, write them down here to remind you what to ask when you speak to your nurse or consultant:

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
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Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk