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Having a capsule endoscopy to examine your small bowel

Department of Endoscopy

Information for Patients

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What is a capsule endoscopy?

You will need to swallow a small capsule about the size of a vitamin pill (26.2mm ×11.4mm). This is called an endocapsule. It contains a camera, battery, light source and transmitter. The camera takes 2 to 6 pictures every second for almost 12 hours.

The pictures are transmitted to a data recorder. This can be a device:

- the size of a portable CD player, worn with a belt around your waist,
- or a PillCam™ Genius Link Patch, placed on your abdomen around 1 finger's width below your belly button.

This will help us to find if something is wrong in the gut (small bowel). It could be lesions that can cause bleeding and iron deficiency anaemia, any problem in absorbing food nutrients, long-term stomach pain, and long-term diarrhoea.

After swallowing the capsule camera, it will travel naturally through your digestive system, taking pictures as it moves along. If the capsule passes out of your body, the green light on the PillCam™ Genius Link device will turn off and you will feel vibration for a few seconds. This means that the procedure is complete. If the green light is still flashing before you go to bed, you can remove the device and go to sleep. Fold the device and place it in the red bag we have given you. Then put it in the envelope with your name on it and return it to the Endoscopy Unit the following day in the morning. A nurse will download the recorded images onto a computer. The capsule is disposable and will pass naturally out of your body when you open your bowels.



What are the advantages?

- The capsule is easily swallowed.
- It is a painless procedure. You do not need any pain relief or sedation.
- You are free to move around throughout the day. Try to be as active as you can be.
- You can go about your day as normal once you have swallowed the capsule. If you are using the recorder with the belt, you must return the equipment to the Endoscopy Unit on the same day. If you are using the PillCam™ Genius Link Patch, you should return the equipment on the following day in the morning.
- You will not have any contact with radiation that comes with having some scans.

What are the risks?

Capsule endoscopy is a safe procedure and side effects are rare. More than 2 million 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. This means the test must 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.
- There is a possibility of missed pathology.
- We may need to do more investigations if needed depending on the results.
- We will give you an advice sheet on what to expect and a phone number to call if you start to feel unwell.

Diabetic patients

If you are diabetic, please scan the QR code or visit: https://yourhealth.leicestershospitals.nhs.uk/ and search for ‘Instructions for diabetics before an endoscopy by the mouth (morning appointment)’ or leaflet number 420. You can also call the department. We can advise you on how to manage your diabetes during this procedure.

Please contact the Endoscopy department if:

- there is a chance that you might be pregnant (we do not do capsule endoscopy on pregnant patients).
- 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 difficulty with swallowing.
- you have been taking non-steroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen, diclofenac, naproxen or aspirin.

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 (NSAIDs) if possible. We will ask you to stop taking these for a month before the procedure. **Do not stop aspirin without consulting the Endoscopy Department.**
- If you are diabetic and take insulin or tablets to control your diabetes. Please contact the Endoscopy Department on 0116 258 6997 (Monday to Sunday, 8.30am to 5.30pm).
- All other medications are fine to continue as normal.
- Do not apply any lotion to your tummy (abdominal) skin at least 12 hours before the procedure time.

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 (12pm) on the day before your test.**
- take only clear fluids from midday (12pm) until midnight (12am) 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.

Please start a low residue/ fibre diet for 3 days before your test:

Some ideas for foods you can include in a low fibre diet:
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)
Yam
Dishes made with maize, millet or cornmeal
Couscous (not wholemeal)
Potatoes without skin
Lean/ tender meat and poultry / tofu
Fresh, frozen or tinned fish
Eggs: boiled, poached or scrambled
Cheese, cream cheese or milk
Rice pudding, yoghurt, custard
Crisps: Wotsits, Skips, Quavers
Cornflakes, Rice Crispies including chocolate/ sugar varieties

Avoid the following high residue/ fibre foods for the 3 days before your test:

❌	Wholemeal bread including granary, seeded bread / rolls, toast, pitta bread, crumpets and tortilla wraps
❌	Foods made from wholemeal, granary or seeded flours
❌	Brown rice or pasta
❌	Potato and pasta that has been cooked and then eaten cold such as potato, pasta or rice salad.
❌	Avoid all fruits and 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.

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.

We aim to keep waiting times to a minimum. Depending on how busy we are, please expect to be with us for 1 to 2 hours. This may be longer during busy periods. We also do emergency procedures which can take priority over our outpatient appointments.

What should I wear on the day of procedure?

- Wear loose-fitting, 2-piece clothing that is not see-through and is dark. It should let you expose around 4 inches above and below your belly button. For example a shirt and trousers/skirt.
- Do not wear a belt.
- Do not apply any medication patches or pumps on the area in which the link device will be applied.
- Do not wear lip balm or lipstick.

What happens during the procedure?



After talking to the nurse, a sticky patch containing the radio sensors will be attached on your tummy or a belt placed around your waist and the data recorder will be attached. This will stay in place for around 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.
- Treat the PillCam™ link device carefully. Do not take bath/shower and avoid swimming and heavy activity. Avoid physical activity or sport that involves sweating, bending or stooping.
- Do not lie down during the procedure and make sure you take regular walks.
- Contact the Endoscopy Department right away if you have any tummy (abdominal) pain or are sick (vomit) during the procedure.
- You can now go back to your normal activities and diet.
- You will be asked to return to the Endoscopy Department on the evening of the procedure.
- It may take a couple of weeks for the capsule to pass naturally by pooing.

If you are using an adhesive patch PillCam™ link device

- Do not remove the link device until the procedure has completed. This is when the LED light on the patch turns off. You may also feel a vibration and hear a tone.
- Remove the device from your tummy by peeling the adhesive layer away from the skin.
- Fold in half so the 2 adhesive surfaces touch each other.
- Place the device in the red bag we have given you in your kit. Then place the red bag inside the pre-addressed envelope bearing your name.
- You will be asked to return to the Endoscopy Department on the next day morning of the procedure with the recorder envelop.

Discharge advice and follow-up

After the procedure is completed the information from the data recorder or link device / patch will be processed. A video will be created and reviewed. You will be given an outpatient appointment to talk about 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 or amateur radios. If you need an MRI, you must tell the MRI department about your capsule endoscopy in the first 2 weeks after the capsule test. Do this if you have not seen the capsule pass in your poo.

Getting to your appointment

For patients who meet eligible criteria, a patient transport service is available if you need transport to and from your appointment. This service is provided by EMED Patient Care. To see the leaflet, please scan the QR code or visit https://yourhealth.leicestershospitals.nhs.uk/ and search for 'Non-emergency Patient Transport Service (EMED)'.

To make a booking contact the service on **0300 777 1800**, or arrange this through your GP, at least 3 days before your appointment.

Contact details

If you have any concerns, questions or problems please contact the Endoscopy Department on **0116 258 6997**.

We are open 8.30am to 5.30pm, 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 have **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**.

Health information and support is available at www.nhs.uk or call 111 for non-emergency medical advice
Visit www.uhleicester.nhs.uk for maps and information about visiting Leicester's Hospitals.
To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہِ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

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

We are a research hospital and you may be asked to take part in research

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