

Having a capsule endoscopy to examine your small and/or large bowel - instructions after swallowing capsule

Endoscopy Department

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Information for Patients

Leaflet number: 1185 Version: 2

You are having a capsule endoscopy to examine your small and/or large bowel. Information on this is available in leaflet 951 'Having a capsule endoscopy to examine your small and/or large bowel'.

Patient name: _____

Patient ID: _____

Procedure date: _____

What happens after the capsule is swallowed?

Once you have swallowed the capsule in the Endoscopy Department please follow the instructions in this leaflet. This will be at home unless otherwise agreed with the Endoscopy Department. The admitting nurse will give you a bag containing extra laxatives (bowel prep) to take at different times of the day at home. If you have ever had an allergic reaction to Gastrografin or any type of X-ray contrast dye, the Gastrografin will be replaced with Phospho-soda. The nurse will guide you through this and alter your regimen accordingly.

Before you attend for your procedure, the medical team looking after you will decide whether we need to look at your small **and** large bowel, or just your large bowel (colon) only. There are different guides to follow depending on which part(s) we need to examine, which are explained on the next pages.

Instructions to follow during the procedure:

- Do not remove or disconnect the equipment at any time.
- Avoid direct sunlight on the device.

**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

- Avoid strong electromagnetic fields such as MRI devices.
- After swallowing the capsule you must not eat or drink until you are told to do so, as per the instructions below.
- Please note the alerts are very loud and the monitor also vibrates.
- Do not lie down or sleep in the first **7 hours** after you swallow the capsule because this will slow the capsule moving through your bowel. You may sit down if needed.
- Please be as active as possible after swallowing the capsule until it leaves your body.

Which instruction guide do I follow?

- If we need to look at your large bowel only, then you must follow the **Alert Number Instruction Guide**.
- If we need to look at both your small **and** large bowel, then you must follow the **Time Specific Guide**.



The nurse will explain all the instructions before you leave the department, but if you have any questions you can call the Endoscopy Unit on 0116 258 6997 / 6995.

Alert Number Instruction Guide (if having the capsule endoscopy for views of the large bowel only):

When the monitor beeps and vibrates:

Check the number alert as shown on the monitor, then follow the instructions as per the guide below.

Alert Number 0: This means you must continue to fast (no additional drinking) until the next alert.

Alert Number 1: This means you need to take the 1st 'booster' laxative which will help move the capsule through your bowel.

- Dilute 50ml of Gastrografin and 30ml of Phospho-soda into 1 litre of water and drink it over the next 30 to 60 minutes.
- You may then continue to drink clear fluid freely.

Alert Number 2: This means you need to take the 2nd 'booster'.

- Dilute 50ml of Gastrografin and 15ml of Phospho-soda into a 500ml glass of water and drink this over the next 30 minutes.
- You may then continue to drink clear fluid freely.

Alert number 3: If this alert sounds before the capsule has passed from your body then you need to insert 1 glycerol 4g suppository as per instructions in the packet.

Alert number 4: You may now eat a **light meal** because you have not eaten in over 24 hours, however avoid too much food at once as it might make you feel unwell.

Time Specific Guide (if having the capsule endoscopy for views of both the small and large bowel):

The monitor will still beep with the alerts but the capsule will be programmed to skip these alerts so different views of the bowel can be seen, as requested by the medical team. Please be aware the sound of the monitor alerts are loud, but this programme is based on timings and not the alerts.

On the day, the nurse will complete the times of the stages below. Please follow the instructions at home:

1. **Time capsule swallowed:** _____

2. **1st booster laxative (which will help move the capsule through your bowel) to be taken 90 minutes (1 hour and 30 mins) after swallowing the capsule.**

Time: _____

Dilute 50ml of Gastrografin and 30ml of Phospho-soda into 1 litre of water and drink it over the next 30 to 60 minutes.

You may then continue to drink clear fluid freely.

3. **2nd booster to be taken 3 hours after the 1st booster.**

Time: _____

Dilute 50ml of Gastrografin and 15ml of Phospho-soda into a 500ml glass of water and drink this over the next 30 minutes.

You may then continue to drink clear fluid freely.

4. **3rd booster to be inserted 2 hours after the second booster.**

Time: _____

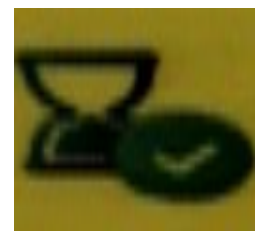
You now need to insert 1 glycerol 4g suppository as per instructions in the packet.

5. **2 hours after the 3rd booster - you may now eat a light meal.**

Time: _____

This image is similar to that shown on screen when the capsule has left the body. **This is now the “end of the procedure”.**

When the capsule leaves the body or if the battery runs out on the monitor, the procedure is complete. You may now carefully remove the equipment and return it to the Endoscopy Department.



When can I remove the belt and equipment?

When “end of procedure” appears on the monitor, this means the capsule has now left the body. Please carefully remove all the equipment and place into a carrier bag to bring back to the Endoscopy Department.

If the capsule has not passed from your body do not worry, this can happen. Please call the department after 4.30pm if you have not passed the capsule, as you may still be asked to come back into hospital the same day.

Where do I return the equipment?

Return all equipment to Endoscopy Department, Level 2, Windsor Building, Leicester Royal Infirmary, LE1 5WW by **5.30pm** on the same day as the procedure.

Is there anything I should look out for after the test?

Important warning: if you develop any new and unexplained nausea, tummy (abdominal) pain or vomiting, please contact the Endoscopy Department for advice.

Contact details

If you have any questions or concerns please contact the Endoscopy Department at Leicester Royal Infirmary on 0116 258 6997 or 0116 258 6995 (Monday to Sunday, 8am to 6pm).

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
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Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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