

Patient Information for Capsule Endoscopy

Capsule endoscopy assists in diagnosing gastrointestinal conditions. It involves swallowing a small capsule/camera, the size of a large vitamin pill, which contains a colour camera, battery, light source, and transmitter. The camera takes two pictures every second for eight hours, transmitting images to a small data recorder. This is held in a pouch and sits on the right hip area.

Once swallowed the camera moves naturally through the digestive tract while patients carry out their normal daily activities. Approximately eight hours after swallowing the capsule, patients should return the recorder to the department for the images to be downloaded to a computer. The capsule is disposable and will be excreted naturally in the patient's bowel movement. In very rare cases, it will not be excreted naturally and will need to be removed endoscopically or surgically.

One week before the procedure.

- **STOP** iron tablets.

Day Before the procedure

- Normal breakfast and lunchtime meal then clear fluids only until 10 pm.
- Diabetic patients can take a light evening meal before 8 pm.
- Nothing by mouth from 10 pm until the start of the test.

Day of the procedure

- Arrive at the department at your appointment time.
- Patient information will be taken.
- Equipment fitted.
- Capsule swallowed with a small amount of water and Infacol solution.
- We may ask you to leave the department for a 30-minute walk, and then return to ensure the capsule is progressing.

After Ingestion of Capsule

- To remain **NIL BY MOUTH** until TWO hours after swallowing the capsule.
- After **TWO** hours, clear fluids can be started.
- After **FOUR** hours, a light snack can be eaten.
- After **EIGHT** hours, normal diet can resume.
- **DO NOT** go near any powerful electro-magnetic sources. E.g. MRI scanners and radio transmitters until the capsule has passed.
- **DO NOT** disconnect the equipment or remove the belt for the duration of the recording.
- **PLEASE** take care of the equipment, damage could potentially mean the test may fail.
- **DURING** the recording check EVERY 15 MINUTES that the small blue light on the top of the recorder is blinking, if this stops, please contact the department, and record the time.

IF YOU EXPERIENCE ANY ABDOMINAL PAIN, CRAMPING OR OTHER UNFAMILIAR SYMPTOMS CONTACT THE DEPARTMENT ON: 01623 622515 EX 4076 (Kings Mill) or Ex 5875 (Newark)

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Home, Community, Hospital.

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