

## Patient Information Leaflet

### Small Bowel Capsule Endoscopy

Your doctor may determine that a capsule endoscopy of the small bowel is necessary for further evaluation of your condition. Capsule endoscopy will provide your doctor with pictures of your small intestine. This document has been prepared to help you understand the procedure. It includes answers to questions most frequently asked by patients. Please read it carefully. Feel free to ask your doctor or nurse any additional questions before the procedure is scheduled.

#### What is Capsule Endoscopy?

Capsule endoscopy is a test which enables your doctor to examine your entire small intestine. Your doctor/nurse will have you ingest a vitamin-pill sized video capsule, which has its own camera and light source. The small bowel (or intestine) is part of the gastrointestinal tract between the stomach and large bowel (colon). During the 6-8 hour examination, you are free to move around. Most patients find the test comfortable. Afterwards your doctor/nurse practitioner will view the images on a video monitor.

#### Why do I need a Capsule Endoscopy?

The commonest reason to perform Capsule Endoscopy is to help your doctor determine the cause for recurrent or persistent symptoms such as abdominal pain, diarrhoea, unexplained anaemia (iron deficient anaemia) or intestinal bleeding in whom conventional endoscopy to examine the stomach (gastroscopy) and large bowel (colonoscopy) has failed to reveal a diagnosis.

#### Are there any complications or risks?

There is a small risk the test may need to be repeated if the small bowel is not clean enough to see anything or if it moved through the intestinal tract too quickly. Should this be the case we will contact you to make another appointment. Capsule Endoscopy is contraindicated during pregnancy.

Magnetic Resonance Imaging (MRI) is contraindicated until the capsule has been excreted from the body.

It is important to inform us if you have a pacemaker or internal electromedical device, previous abdominal surgery, swallowing problem or previous history of obstructions in the bowel. A potential risk could be retention of the capsule. It is important for you to recognise early signs of possible complications. If you have a fever after the test, trouble swallowing or increasing chest or abdominal pain, tell your doctor immediately.

### **What happens if the pill camera is retained in the small bowel?**

If the pill camera reveals Crohn's disease (which is the most common cause for retention) treatment with anti-inflammatory medication may allow the narrowed part of bowel to heal so that the capsule can pass through. If the capsule is retained in the extreme upper or lower part of the small bowel, it may be possible to retrieve it using an endoscope. In rare cases the small bowel can be severely ulcerated, scarred or blocked by this procedure and therefore an operation might be indicated not only to remove the capsule, but to treat the disease.

### **How Should I Prepare for the Procedure?**

Please wear loose fitting clothing when attending for your test. Bowel preparation is an essential part of this examination and involves dietary advice and use of purgatives (laxatives). Your referring doctor will have indicated if you are able to take the bowel preparation or not. Please find separate detailed preparation instructions enclosed.

### **What Can I Expect During Capsule Endoscopy?**

The doctor or nurse will prepare you for the examination by applying sensor arrays to your abdomen with adhesive sleeves. The capsule endoscope is taken with water. It then passes naturally through your digestive tract while transmitting video images to a data recorder which you will carry in a bag for approximately 6 to 8 hours. You will be able to drink 2 hours after capsule ingestion and a light lunch after 4 hours.

### **What Happens After Capsule Endoscopy?**

You may go home when the test is complete. The images acquired during your exam will then be downloaded to a workstation for your doctor/nurse to review. After ingesting the capsule and until it is excreted, you should not have a Magnetic Resonance Imaging (MRI) examination or be near an MRI machine.

### **How Will I Know the Results of the Capsule Endoscopy?**

Results can take up to 4-6 weeks to process. This is because of the time it takes to look at the large number of images. Results are sent to your referring doctor and GP. If results are required urgently your doctor can contact us.

### **How does the Capsule get eliminated and will I feel it come out?**

The capsule is disposable and passes naturally with your bowel movement. You should not feel any pain or discomfort. Do not worry if you do not see the pill camera pass. Most people don't. Please do not send it back to us.

If you have any queries regarding your capsule endoscopy procedure please Tel: 020 8235 4136 (8am-6pm Mon-Fri).