

For a translation of this leaflet or for accessing this information in another format:



Please contact (PALS) the Patient Advice and Liaison Service on:

Frimley Park Hospital
Telephone: 01276 526530
Email: fhft.palsfrimleypark@nhs.net
Heatherwood Hospital
Telephone: 01753 633365
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Wexham Park Hospital
Telephone: 01753 633365
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<p>Frimley Park Hospital Portsmouth Road Frimley Surrey GU16 7UJ</p> <p>Hospital switchboard: 01276 604604 Website: www.fhft.nhs.uk</p>	<p>Heatherwood Hospital London Road Ascot SL5 8AA</p> <p>Hospital switchboard: 01344 623333 Website: www.fhft.nhs.uk</p>	<p>Wexham Park Hospital Wexham Slough Berkshire SL2 4HL</p> <p>Hospital switchboard: 01753 633000 Website: www.fhft.nhs.uk</p>
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Title of Leaflet	Having a capsule endoscopy				
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Legal Notice

Please remember that this leaflet is intended as general information only. We aim to make the information as up to date and accurate as possible. Please therefore always check specific advice or any concerns you may have with your doctor.

If you need an interpreter, please contact us as soon as possible so that we can arrange for a qualified person to attend your appointments



Lady Sobell Gastrointestinal Unit, Wexham Park Endoscopy Unit, Heatherwood Hospital

Having a capsule endoscopy

What is a capsule endoscopy?

A capsule endoscopy is a special examination of your intestine with a camera that is the shape and size of a pill, which you swallow. It passes through the intestine taking several pictures per second, which are put together into a video of what the camera has seen. The pictures will be transmitted to a data recorder, which you wear on a belt around your abdomen for the duration of the examination.



You will be asked to wear the recorder for around 8 hours. The capsule pill passes through your bowel and is excreted naturally when you open your bowels. It does not hurt to pass the capsule and it can be flushed away – the capsule **DOES NOT** need to be returned to the hospital.

Preparing for your examination

7 days before your examination

If you normally take iron tablets, stop taking them now.

Information for patients, relatives and carers

2 days before your examination

Stop taking any constipating agents (Immodium, codeine, Tramadol, Co-codamol, etc.) but continue with other medication and any laxatives that you normally take. Avoid fibre supplements such as Fybogel.

The day before your examination

You may eat up until 2.00pm. After this time, have only clear liquids including water, tea or coffee without milk, or lemonade and squashes.

On the day of your examination

You must not eat anything on the day of your examination. Do not take any medication for 2 hours before the test.

If you are diabetic, do not take your insulin/medication on the morning of your test but do bring it to the hospital. It is important to maintain a blood sugar level of 5 leading up to your procedure. Check your glucose level and if necessary have some sugar or glucose tablets.

When you attend the unit, a nurse or Endoscopist will show you the capsule, which you will then swallow with a glass of water. A belt will be placed around your abdomen. This contains the recorder that receives images from the capsule.

You will only need to be in the unit for about 30 minutes. You may then leave the hospital.

Before you leave the unit, we will give you an appointment for the following day to return the belt so that the images can be downloaded for analysis.

Two hours after ingesting the capsule you may drink clear fluids and take any medications. Four hours after ingestion, you may have something light to eat. After this light meal, please only drink clear fluids for the remainder of the test.

After 8 hours, remove the recording belt.

After the examination

Over the next 24-48 hours you may notice that you pass the camera in your stool. Note the event but DO NOT retrieve the camera. If you don't notice the passage of the camera in your stool, do not be alarmed. Very occasionally we may need to carry out an X-Ray to confirm that the capsule has passed. If we feel this is necessary we'll let you know.

Are there any risks?

- If there is a narrowing (stricture) of the bowel, the capsule can get stuck in the bowel. If the capsule becomes stuck, surgery may be required (approximately 1 in 1000 cases).
- Rarely, electronic equipment can fail and this can result in the test being repeated.
- You should not undergo an MRI scan whilst having the capsule endoscopy or until the capsule has passed through the bowel and left your body. The capsule contains metal parts which can move during an MRI scan.

Please do not hesitate to contact us if you are worried about any symptoms you experience after this test

Within office hours, telephone the unit in which your procedure was done:

- **Lady Sobell GI Unit, Wexham Park Hospital on 01753 634163**
- **Endoscopy Unit, Heatherwood Hospital on 01344 877801**
- **Short Stay Surgery Unit, Heatherwood Hospital on 01344 877632**

Outside office hours, all patients should telephone the **Christiansen Unit** at Wexham Park Hospital on **01753 634716** or **01753 634719** and ask for advice.