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Endoscopy Unit
 Frimley Park Hospital

Video capsule endoscopy



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Title of Leaflet	Video capsule endoscopy				
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Ref. No	H/054/1	Issue Date	November 2018	Review Date	November 2021

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.

Information for patients, relatives
 and carers

What is video capsule endoscopy?

This is a small (23mm long) capsule, roughly the size of a large vitamin capsule, which is swallowed with a drink of water. It contains a camera, a light source, battery and transmitter, which work together to take images of the gut. The capsule travels naturally through the small intestine and rest of the gastrointestinal tract and is passed (in your poo) when you have your bowels open.

It is not necessary to have someone with you for this procedure, but you may wish to talk this through with someone at home and have someone with you on the day you attend.

Why am I having a video capsule endoscopy?

The main reason for a video capsule endoscopy is to examine the lining of the small intestine. This is an area which is difficult to examine with standard flexible endoscopes (devices used to look inside the body). Your doctor will explain why you are having a video capsule endoscopy. A video capsule endoscopy may help to investigate:

- Iron deficiency anaemia (lack of iron in the body)
- Unexplained bleeding in the stomach or intestines (that cannot be investigated with a standard endoscope)
- Suspected coeliac disease and inflammatory bowel diseases
- Abnormalities such as polyps (small growths), seen on CT or MRI scans.

For any queries, please ring the Endoscopy Unit booking office on 01276 526647 / 01276 604858, between 9.00am and 5.00pm, Monday – Friday.

You can use this page to note down any questions or concerns.

What happens when I go home after swallowing the video capsule endoscopy?

TIME	ACTIVITY
0hr	<ul style="list-style-type: none"> You can only drink water for four hours. You can use a mobile phone and household electrical equipment as usual. Do not have a MRI scan until you have passed the capsule.
4 hours after swallowing:	<ul style="list-style-type: none"> You can eat after 4 hours. There are no restrictions on what you can eat. Drink plenty of fluids – milk is allowed from now on, too. No alcohol. Take your medicines as normal, including Iron medication.
As soon as possible:	You must return the data recorder back to the unit promptly to ensure your procedure is uploaded onto our system to be read and reported by the team.

What are the risks of a video capsule endoscopy?

A video capsule endoscopy is extremely safe and has few risks or complications.

- Retention of capsule:** Occasionally, the capsule does not pass naturally and may become stuck in the gut. This may require the use of an endoscope to retrieve the capsule. Sometimes the intestines are slow and the capsule does not reach the colon within the eight hours. This will show on the video and we will contact you to arrange an x-ray within one week to see if the capsule is still in the small intestine.
- Repeat procedure:** If the dietary preparation has not worked and the bowel is not clean enough, the quality of the images may be inadequate.
- Surgery:** Extremely rarely, surgery may be required to remove the capsule and identify the cause of the capsule getting stuck.

Do I need to prepare for the video capsule endoscopy?

We need to get a clear view, so it is important that your small bowel is clean.

If you suspect you are pregnant or have an implanted cardiac device (ICD - this does not include pacemakers), please tell us as soon as possible as the procedure should **not** then be carried out.

Do I need to stop taking my medication?

If you are diabetic, please read our advice sheet. If you have not received this, please ring the booking office on 01276 526647 / 01276 604858, between 9.00am and 5.00pm, Monday – Friday and we will send you a copy.

If you are taking Iron medications, stop taking them at least one week before the video capsule Endoscopy.

If you take antidiarrhoeal medications such as loperamide, codeine phosphate, please stop taking them 24 hours before your video capsule endoscopy.

If you are taking any other medications, in general you can take these as usual.

Only essential medicines can be taken with water before 6.00am. Non-essential medicines can be postponed until you have a snack at lunchtime – full instructions will be given on discharge.

On the day before your appointment:

- Eat a light lunch by 12.00 midday. You must not eat anything after this time.
- You are allowed to drink until 12.00 midnight on the day before your appointment.
- You must not eat or drink anything else until instructed by a nurse at your appointment.

Suggestions of what you can drink until your appointment:

YES	NO
<ul style="list-style-type: none">• water• black tea• black coffee• non-fizzy soft drinks• non-fizzy energy drinks• <u>clear</u> soup or stock (no solids in it)• Bovril or Marmite (one mug maximum as it is salty)• clear fruit juice or vegetable juice with no bits.	<ul style="list-style-type: none">• milk• red or purple drinks• alcohol• food after midday on the day before your procedure.

What happens when I arrive for my appointment?

Please note that your appointment time is the time that you should arrive in the unit. It is not the time of your actual procedure. We recommend that you plan to be with us for the whole morning or afternoon, depending on your time slot.

The video capsule endoscopy service is nurse led. When you arrive, a nurse will fill out an assessment form with you and take your consent for video capsule endoscopy. The nurse will need to enter your details on the data recorder. This can take a little while, the nurse will talk this through with you.

You will swallow a capsule, with a drink of water containing a solution that dissolves any bubbles in the digestive juices. You will also have to wear a data recorder which records what happens when the capsule is inside your body. Small sensor pads/belt will be temporarily stuck onto the skin of your tummy with thin leads that pass the information into a data recorder box worn with a strap. The recording usually takes approximately eight hours to complete.

You will need to **return the data recorder** to the hospital so this can be used for next patient.

You will **not** need to retrieve the capsule from the toilet.

It is essential to wear a loose fitting top that buttons up or zips up at the front so the nurse can attach a lead/strap of the data recorder properly.