

a doctor may decide to use capsule endoscopy despite the presence of a cardiac pacemaker. If you have a cardiac pacemaker, please call us on the phone number on your appointment letter.

### Finally...

If you have any queries please contact the Endoscopy Booking Office using the contact telephone number on your appointment letter. The office is open Monday – Friday 9am – 4pm.

If you would like this leaflet in large print, braille, audio version or in another language, please contact the General Office on 01872 252690



## Capsule endoscopy



## What is a capsule endoscopy?

Capsule endoscopy is usually performed on patients with anaemia, and is used for detecting inflammation and ulcers.

You will be asked to swallow a capsule the size of a large pill. This contains a small camera that takes pictures of your small bowel as it passes down through your intestine. The capsule transmits a wireless signal to a small recording device worn on a belt for the duration of the procedure. The capsule is completely disposable and is eventually passed in your stool. Rarely someone will be unable to swallow it and will have it placed endoscopically.

## How do I prepare for it?

You will be prescribed medication to clear out your bowel, allowing a clear view of the intestine. Please follow the instructions for your bowel preparation closely.

If you are diabetic please contact your GP surgery's Diabetic Liaison Nurse or the Diabetic Centre at Treiske on 01872 254560 (between 9am-10am on weekdays) for advice and guidance on taking bowel preparation.

On the day of your procedure, please wear loose clothing to allow the nursing staff to attach the recording device.

Please stop the following medications before your capsule endoscopy.

## What will happen on the day?

Days before procedure	Stop taking this medication
14 days	Anti-inflammatories eg ibuprofen, arthrotec, naproxen and voltarol
7 days	Iron tablets or liquid
3 days	Anti-diarrhoeal medicines eg Immodium

Your appointment will be at 8.30am on the Endoscopy Unit. You will be asked to sign a consent form before the procedure takes place.

Do not eat breakfast on the morning of the test. Please drink only still water and avoid anything with milk, fruit, solid bits etc.

1. The nurse will give you a belt to wear, which the recording device will be attached to. Rarely, pads will be attached to your abdomen if the capsule cannot be detected by the recorder.
2. You will be asked to swallow the capsule.
3. You are then free to leave the Endoscopy Unit for the day.
4. Two hours after swallowing the capsule you may have a drink.
5. You may have a light lunch at around 1pm.
6. You will need to return to the endoscopy unit at around 4.30pm to have the recording device removed.
7. The pictures will be downloaded from the recorder onto a computer and will be read by a doctor at a later date. Occasionally some images are lost due to radio interference, which may mean the procedure needs to be repeated.
8. The capsule itself will pass normally with your stool, usually on the next day. You may be unaware that you have passed the capsule as it is small.

## Are there any risks?

Capsule endoscopy is a safe procedure with little or no risk. The only known risk is to those who have a blockage in the bowel. This could result in the capsule getting stuck, in which case an operation would be required to remove the capsule. The overall risk of this is 0.7% (most patients who are at risk of this have had an MRI scan to minimise the risk).

## What if I have a pacemaker?

If you have a cardiac pacemaker it is unlikely you will be suitable for a capsule endoscopy. However the test has been done without ill effects, so in rare cases