

## What is small bowel capsule endoscopy?

Small bowel capsule endoscopy is a test which allows us to look internally at the lining of your small bowel. By doing so it may help us to establish the cause of your symptoms. It can be useful in the detection of conditions such as unexplained bleeding, iron deficiency anaemia, coeliac disease, leaking blood vessels (angiodysplasia), polyps or tumours in the small bowel.

You will be asked to swallow a capsule containing a small camera. The capsule is similar to a large pill so may be a little uncomfortable to swallow but will not be painful.

You will be wearing a recorder and a belt for the day. The capsule will transmit images of your small bowel to the recorder.

You can go to work whilst wearing the equipment but if you have an active job you may need to arrange to have the day off or to do some more sedentary tasks. Gentle walking is encouraged.

You must return the equipment to the endoscopy reception desk the following day between 8am and midday.

## Preparation for the test

- If you are taking iron tablets please stop these seven days before your appointment.
- Please inform the department if you have a history of swallowing problems or problems swallowing bread or meat.
- Your last meal should be no later than 4pm the day before your appointment.

## On the day of your appointment:

- Do not eat or drink anything, except for necessary medication with a sip of water.
- Wear loose fitting two-piece clothing.
- Bring in a list of your current medication.
- Do not arrive too early for your appointment.

## Swallowing the capsule

- On arrival to the endoscopy unit (1st floor, E block), please present at reception.
- A member of staff will discuss the procedure with you and give you the opportunity to ask questions. You will then be asked to sign a consent form.
- The recording equipment will be set up first (a belt against the skin and a recorder in a pouch).
- Water will then be provided to swallow the capsule.
- You should be able to leave the hospital straight away.

## After swallowing the capsule

- You may drink water straight away.
- After five hours you may have a light snack (around 2pm).
- After 5pm you may return to your normal diet.
- You can take the equipment off if you see the capsule in the toilet or when you go to bed as long as this is after 9pm.

## Cautions

During the study avoid strong electromagnetic fields, such as MR scans after swallowing the capsule and until you pass it in a bowel movement.

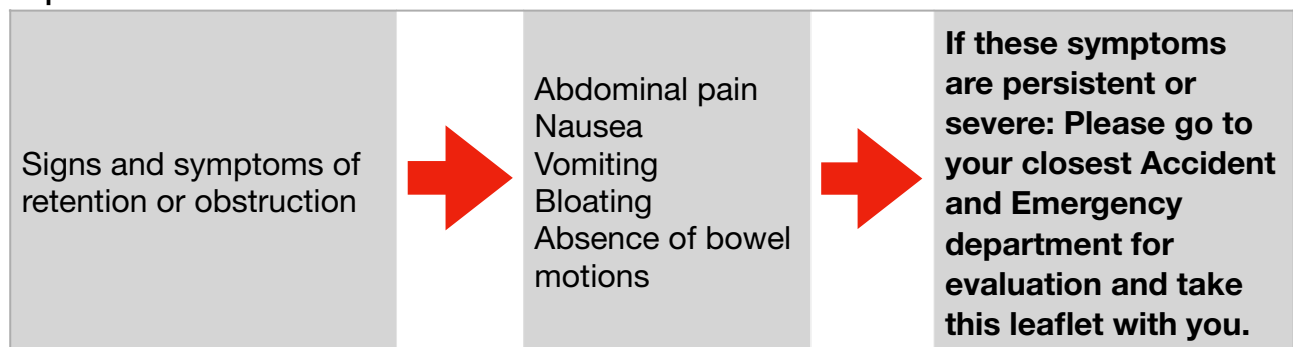
Do not disconnect the equipment or remove the belt during the procedure.

Treat the recording equipment carefully: avoid sudden movements.

As sedation is not required, normal activities can be resumed.

## Risks

Whilst in most cases the capsule will pass out of your body over the next few days, the main risk associated with this test is capsule retention. This occurs in approximately 0.75% of cases but would not occur in anyone with a normal small bowel. In the rare instances where this occurs an endoscopy or operation may be required to remove the capsule.



Technical failures, slow transit through the stomach and food can occasionally impair the results obtained. The views obtained may be incomplete in these circumstances.

Undergoing an MRI scan while the capsule is still inside your body may result in injury. If you are not certain whether the capsule has passed out of your body, tell the X-ray department for evaluation and they may organise an abdominal x-ray before undergoing an MRI scan.

## Results

A report will be sent to your consultant, who in turn will discuss the results with you at your next outpatient appointment or will write to you.

Please phone us on 01204 390273 if you *cannot* keep this appointment.

If you require any further information please ring the Clinical Endoscopist team on 01204 390 390, extension numbers 143422 or 141805.