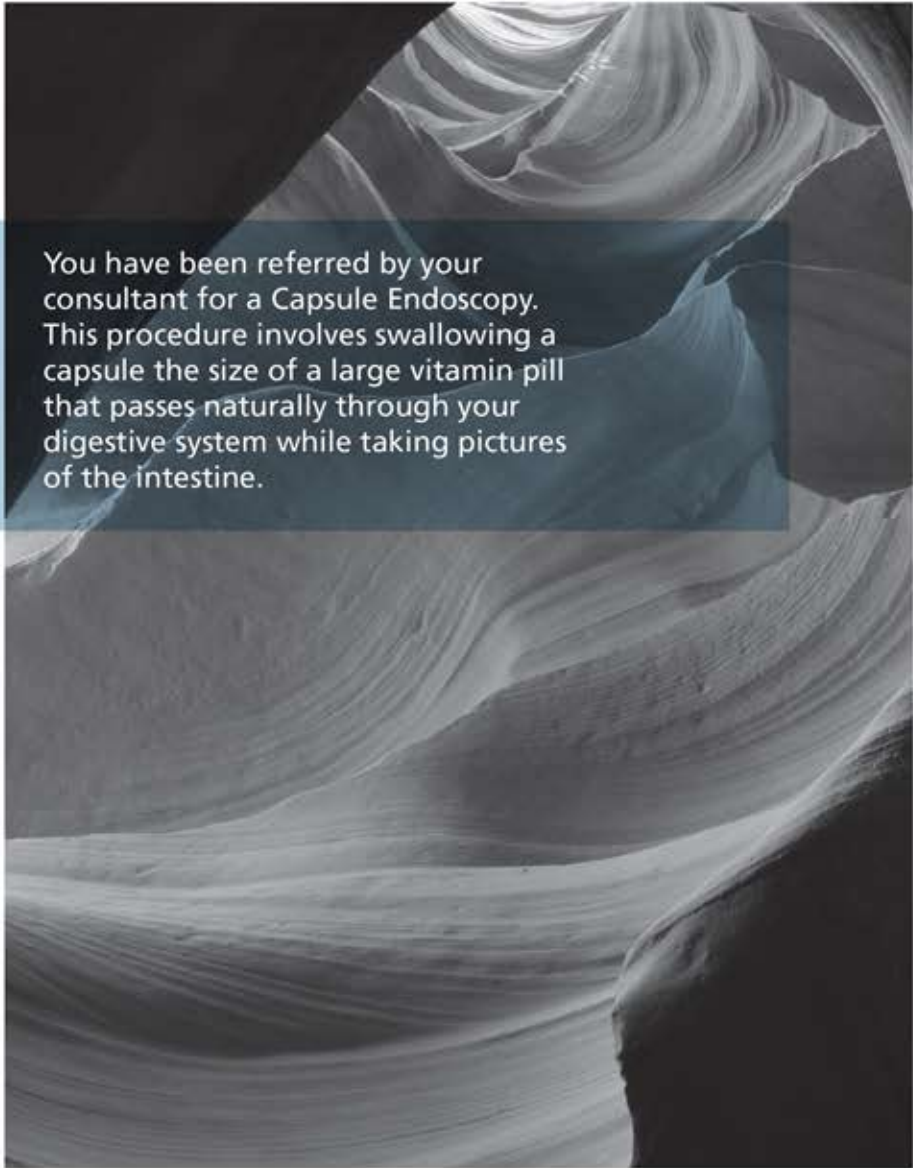


# Having a Capsule Endoscopy



You have been referred by your consultant for a Capsule Endoscopy. This procedure involves swallowing a capsule the size of a large vitamin pill that passes naturally through your digestive system while taking pictures of the intestine.

The images are transmitted to a sensor belt which is placed around your waist over one layer clothing. The sensor belt is attached to a small data recorder and is worn across the body in a pouch. You wear the equipment for eight hours, after which you return to the hospital where it is removed.

The capsule is disposable and will be excreted naturally in your bowel movement. Capsule Endoscopy is associated with a small chance of intestinal obstruction. In the rare case that it is not excreted naturally, surgical removal may be required.

**PLEASE NOTE: IF YOU TAKE IRON SUPPLEMENTS, STOP DOING SO ONE WEEK BEFORE THE PROCEDURE**

Please read and follow instructions below prior to your procedure.

To help us get the most accurate information from this examination, be sure to follow the instructions below:

#### **THE DAY BEFORE YOUR CAPSULE ENDOSCOPY**

- AM: You may eat a regular breakfast. No later than 10am.
- After breakfast, CONSUME ONLY CLEAR LIQUIDS for the remainder of the day and evening. An example would be: clear soups, water, Fruit juices – apple, white grape, lemonade.
- No solid food for lunch or dinner on the day before the examination
- From 10pm on the evening before the endoscopy, you may have sips of water.

#### **DAY OF CAPSULE ENDOSCOPY**

- You can take any usual medications up until 2 hours before the test with a sip of water.
- Arrive at the **Lyndhurst Rooms**, first floor reception area at the time given on your letter, take a seat and a member of the team will come and see you at your appointment time.
- Wear loose-fitting, two-piece clothing.
- The sensor belt will be placed around your waist and connected to the data recorder. You will then be asked to swallow the capsule.

#### **AFTER SWALLOWING THE CAPSULE**

- Do not eat or drink for at least two hours. After this time, you can have clear fluids.
- After four hours you can have a light lunch.
- Once the examination is completed, you can return to your normal diet.
- After swallowing the capsule and until it is excreted, you should not be near any source of powerful electromagnetic fields such as one created near an MRI device or amateur (ham) radio.
- Occasionally, some images may be lost due to radio interference (e.g., from amateur radio transmitter, MRI, etc.). On rare occasions this may result in the need to repeat the capsule endoscopy examination.

A Capsule Endoscopy lasts approximately eight hours and is considered complete after this time. Do not disconnect the equipment or remove the belt at any time during this period. Since the data recorder is actually a small computer, it should be treated with the utmost care. Avoid sudden movement and banging of the data recorder.

During Capsule Endoscopy, you will need to verify every 30 minutes that the small light on top of the data recorder is flashing. If for some reason it stops flashing record the time and contact the team.

#### **AFTER COMPLETING YOUR CAPSULE ENDOSCOPY**

- You will need to return to the **Lyndhurst Rooms**, first floor reception area eight hours after swallowing the capsule to have the equipment removed.

Please note: undergoing an MRI while the capsule is inside your body may result in serious damage to your intestinal tract or abdominal cavity. If you do require an MRI scan and cannot positively verify the excretion of the capsule from your body, you should contact your doctor for evaluation.

If you have any queries regarding appointment date and time, please do not hesitate to contact us on 020 7317 7751.

For any queries regarding procedure or nursing advice please call 020 7794 0500 and ask for ext. 32404 or bleep 2966.

