

### **How can I help reduce healthcare associated infections?**

Infection control is important to the well-being of our patients and for that reason we have infection control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand sanitiser available at the entrance to every ward before coming in to or after leaving the ward. In some situations hands may need to be washed at the sink using soap and water rather than using the hand sanitiser. Staff will let you know if this is the case.

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[www.buckshealthcare.nhs.uk](http://www.buckshealthcare.nhs.uk)

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## Having a capsule endoscopy

### **Patient information leaflet**

If you require a translation or an alternative format of this leaflet please call the Patient Advice & Liaison Service on 01296 316042

**Safe & compassionate care,**

**every time**

## 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, whilst pictures of your intestine are taken.

The images are transmitted to sensors that are placed on your abdomen.

The sensors are attached to a small data recorder worn on a belt around your waist that saves all the images.

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.

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

**Please note: if you take iron supplements, STOP doing so one week before the procedure.**

If you have any questions or queries about the test or appointment date and time, please do not hesitate to contact the Endoscopy Unit during normal working hours on:

**01494 425073 (Wycombe)**

or

**01296 315220 (Stoke Mandeville)**

## After completing your Capsule Endoscopy

You will need to return to the Endoscopy Unit eight hours after swallowing the capsule to have the equipment removed.

Please **do not** try to remove the sensors yourself as they are easily damaged. If you are not sure whether or not the capsule has passed out of your body and you develop:

- unexplained nausea,
- abdominal pain or,
- vomiting

Please contact the Endoscopy Unit on:

**01494 425073 (Wycombe)**

or

**01296 315220 (Stoke Mandeville)**

**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.**

## The day before your Capsule Endoscopy

After lunch on the day before the examination, start a clear fluid diet. An example would be: clear soups, water, juice etc. **From 10pm** on the evening before the endoscopy, **do not** eat or drink anything.

## 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 Endoscopy Unit (Level 1, Wycombe General Hospital) at the time given on your letter, take a seat and a member of the team will come and see you.

- Wear loose-fitting, two-piece clothing.
- Please **do not use** body lotion or powder on your chest or abdomen as this may prevent the sensors from sticking properly.

The sensor's will be applied to your abdomen and will be connected to the data recorder. You will then be asked to swallow the capsule.

## After swallowing the capsule

Once you have swallowed the capsule, you can leave the hospital for eight hours.

**Do not** eat or drink for at least two hours after swallowing the capsule. After this time, you can have clear fluids.

After four hours you can have a light snack (e.g. a sandwich)

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.**

Check the blue flashing data recorder light **approximately every 30 minutes** to be sure that it is blinking twice per second.

If it stops or changes colour please ring the Endoscopy Unit on:

**01494 425073 (Wycombe)**

or

**01296 315220 (Stoke Mandeville)**

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.