



Having a Capsule Endoscopy



Endoscopy Department

This leaflet provides information about your Capsule Endoscopy. It aims to answer any questions you may have about the procedure and explain what will happen on the day of the procedure.

Introduction

Your Doctor has advised that you should have a test called a Capsule Endoscopy.

This procedure will be undertaken at The Royal Shrewsbury Hospital.

Please note that the Endoscopy Unit often has to deal with emergency cases which may cause delays to your appointment time.

This leaflet tells you why you need the investigation and what to expect on the day and immediately afterwards. If you have any remaining concerns or queries when you have read this leaflet, please telephone:

Endoscopy department, The Royal Shrewsbury Hospital: 01743 261 000 ext. 1064

Monday – Friday 08:30 am – 16:30 pm Saturday 08:30 am – 12:30 pm

Please do not bring valuables to the hospital. We cannot accept any responsibility for the loss or damage to personal property during your time on these premises.

What is a Capsule Endoscopy?

This is a test which allows us to examine your small bowel to find causes for your symptoms. It involves you wearing a belt and a recording device for a whole day and swallowing a capsule which is a tiny video recorder. The capsule will pass naturally through your digestive tract. As it does so, it sends back images to the recorder, which you will carry with you. In order to improve our views of your small bowel, it is important that you carefully follow the preparation instructions.

The procedure normally takes 6 to 8 hours to complete, but you do not need to remain in the department all day.

What are the benefits?

This procedure is used to find the possible cause for your symptoms. It can be useful in the detection of conditions such as unexplained bleeding, iron deficiency anaemia, Crohn's disease, coeliac disease, leaking blood vessels (Angiodysplasia), polyps or tumours in the small bowel.

Dependent on the results of this procedure, which could be normal or abnormal, further tests or treatment may be recommended.

What are the risks of having a Capsule Endoscopy?

- In some people, the capsule may not pass into the large bowel at the completion of the study. If we cannot see it passing out of your small bowel on the video, you will be sent an x-ray card to have an abdominal x-ray to confirm that you have passed the capsule naturally. Uncommonly, if the capsule is still present in the small bowel after 14 days then you may require surgery to remove it.

- If the capsule is taking a long time to exit your stomach, we may need to help it by giving a medication (as an injection) to speed up your stomach and/or by placing it in the small bowel with an Endoscope. This is a tube like camera which is passed, via your mouth, into your stomach. We would not do this without your permission.
- Occasionally, if you cannot swallow the capsule we need to place it with an Endoscope. We would not do this without your permission.
- Rarely, in some people who have problems with swallowing food, the capsule may pass down the wrong way and end up in the lungs. Please tell us if you have any such swallowing problems as we would discuss placing the capsule with an endoscope.
- As the capsule is made of metal you cannot have any MRI scans until you have seen the capsule pass through you. If you are due an essential MRI scan within 4 weeks, we recommend that, if you have not seen the capsule pass, you have an x-ray before the MRI scan.

What are the alternatives to a Capsule Endoscopy?

- An MRI scan of the small bowel which is often used as a means of assessing the small bowel but is not the first line investigation.
- Double balloon enteroscopy is an endoscopic procedure currently offered in very few hospitals across the country. If your capsule endoscopy suggests an abnormality then you may be referred out of county for this procedure.

What should I expect?

When you arrive at the Endoscopy unit please report to reception and you will then be asked to take a seat in the waiting area. Please wear loose 2 piece clothing e.g. trousers/ skirt and blouse/ T shirt/ shirt.

We will fully explain the procedure and you will have the opportunity to ask questions. We will then ask you to sign a consent form.

The Capsule Endoscopy

We will then attach the sensors to you. This may involve placing stickers which contain special sensors across your abdomen or using a special type of belt. These sensors are connected to a special recorder which you will carry with you. We will then ask you to swallow the video capsule, which is approximately the size of a Jelly Baby sweet using a small amount of water. Before you leave the department, we will check that the capsule has successfully passed into your small bowel. This usually takes about an hour, but can take longer. If it is taking a long time we might need to give you an injection to speed it up. Very occasionally, the capsule may benefit from being pushed forwards with an endoscope (a camera used to examine the stomach). However, we would not do this without your permission.

Once the capsule has passed into your small bowel you may go home. You will continue to wear the recording equipment, but should be able to do most of your usual activities.

We will ask you to return at the end of the day to allow us to remove the equipment. We will tell you the exact time on the day, but it is usually between 4pm and 5pm.

How long does the procedure take?

In the morning, it may take between 1 and 3 hours. However, the average is 90 minutes. In the afternoon, it only takes approximately 15 to 20 minutes.

After the Capsule Endoscopy?

You will be able to have a drink 2 hours after you leave the department. You will be able to eat 3½ hours after you leave the department. We will confirm these times with you before you go home.

When do I find out the results?

We normally write to your doctor within 2 to 3 weeks with the results.

Contact details for more information

If you are worried or have any questions please do not hesitate to contact the Endoscopy unit.

Tel: 01743 261064

Additional information is available from:

Useful websites:

For further information on a patient's journey and taking your Moviprep (bowel preparation) please refer to the link below:

<https://www.sath.nhs.uk/wards-services/az-services/endoscopy/>

CORE - Digestive Disorders foundation

Provides information leaflets on a wide range of digestive disorders. For patient information leaflets, send a stamped addressed envelope stating any information you require to the following address:

Address: CORE, 3 St Andrews Place
LONDON, NW1 4LB
Telephone: 020 7486 0341 (this is not a helpline)
Fax: 020 7224 2012
Email: info@corecharity.org.uk
Website: www.corecharity.org.uk

Other Sources of Information

NHS 111

A fast and easy way to get the right help, whatever the time. NHS 111 is available 24 hours a day, 365 days of the year.

Telephone: 111 (free from a landline or mobile)

Website: www.nhs.uk

Patient UK

Provides leaflets on health and disease translated into 11 other languages as well as links to national support/ self-help groups and a directory of UK health websites.

Website: www.patient.info

Self Help & Support Groups

A selection of websites providing access to good quality patient and consumer health information, covering specific age groups and conditions.

Also includes Shropshire Community Directory which contains up-to-date information on community groups, clubs, societies, organisations, support groups and self-help groups covering Shropshire and its borders.

Website: www.library.sath.nhs.uk/find/patients/

Patient Advice and Liaison Service (PALS)

PALS will act on your behalf when handling patient and family concerns. They can also help you get support from other local or national agencies. PALS is a confidential service.

Royal Shrewsbury Hospital
Princess Royal Hospital, Telford

Tel: 01743 261000 Ext 1691
Tel: 01952 641222 Ext 4382

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This leaflet is provided for your information only. It must not be used as a substitute for professional medical care by a qualified doctor or other health care professional. Always check with your doctor if you have any concerns about your condition or treatment. This leaflet aims to direct you to quality websites: these are correct and active at the time of production. The Shrewsbury and Telford Hospital NHS Trust is not responsible or liable, directly or indirectly, for ANY form of damages whatsoever resulting from the use (or misuse) of information contained in this leaflet or found on web pages linked to by this leaflet.

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