

# Capsule enteroscopy

## Information for patients

This information leaflet answers some of the questions you may have about having a capsule enteroscopy. It explains the risks and benefits of the test and what you can expect when you come to hospital. If you have more questions at any time, please do not hesitate to contact a member of staff.

### Endoscopy Unit

King's College Hospital Reception	020 3299 3075
King's College Hospital Pre-assessment	020 3299 2775
King's College Hospital Nurses' Station	020 3299 4079
Princess Royal University Hospital (PRUH) Reception	01689 864120
PRUH Nurses' Station	01689 864028

### Confirming your identity

Before you have a treatment or procedure, our staff will ask you your name and date of birth and check your ID band. If you do not have an ID band we will also ask you to confirm your address. If we do not ask these questions, then please ask us to check. Ensuring your safety is our primary concern.

## **What is a capsule enteroscopy?**

This is a test to examine your small bowel. It involves swallowing a video capsule camera. The camera is about the size of a large vitamin tablet. The capsule sends pictures from the inside of your small bowel to a small recorder that you wear on a belt.

## **Why is this test needed?**

Your GP or hospital specialist has recommended you have this test. It lets us find out more about what is causing your symptoms. It is important that you understand why you are having it. If you are not clear about the reasons, please check with the endoscopist who sees you on the day of your test.

## **Are there other options to capsule enteroscopy?**

The alternative is a double balloon enteroscopy (DBE). An enteroscope is a long, thin, flexible tube with a camera on the tip, which is passed into your digestive system through your mouth. This procedure requires general anaesthetic and is more invasive to perform.

## **What are the risks of capsule enteroscopy?**

Video capsule enteroscopy is an extremely safe procedure and most complications are very rare. Complications can include:

- **The capsule gets stuck**

The capsule can get stuck inside you if you have a narrowing in your bowel. We consider the risk of this happening before you have the test, so it is very unlikely. If it does, depending on what is causing the narrowing, you may need a keyhole operation to remove the capsule.

If you have abdominal (tummy) pain which lasts more than 30 minutes, bloating or vomiting, please use the contact details given on page one. If possible, it is best to phone the relevant nurses' station first.

- **The capsule stays in your stomach.**

Sometimes the capsule does not leave your stomach and moves into your small bowel. If this happens, we can do the test again by pushing a new capsule past your stomach and into your small bowel with a short endoscope. Your hospital specialist will explain this procedure to you if you need it.

## **What are the benefits?**

A capsule enteroscopy is an entirely non-invasive test, which means we do not generally use any endoscopes, tubes or injections to complete it. We can get good images of parts of your small bowel very safely and easily. This helps us to reach a diagnosis and make sure you are on the best treatment.

## **Do I need to have a sedative?**

No. Once you have swallowed the video capsule, you will be able to leave the Endoscopy Unit.

## **Consent**

We must by law obtain your written consent to any procedures beforehand. Staff will explain all the risks, benefits and alternatives before they ask you to sign a consent form. If you are unsure about any aspect of the treatment proposed, please do not hesitate to ask to speak with a senior member of staff.

## **Preparing for a capsule enteroscopy**

### **One week before your appointment**

- If you take iron tablets, stop these at least one week before your test.

### **Two days before your test**

- If you take Imodium (loperamide), codeine or other drugs that make you constipated, stop taking these two days before your test.
- If you are taking any other medications, you can continue taking most of these as usual, unless your doctor has advised you otherwise.

### **The day before your capsule enteroscopy**

- Do not have anything to eat on the day before your test.
- You may drink plenty of clear fluids until 6am the following day. This may include water, squash, fizzy drinks, tea or coffee (without milk or cream), clear strained soup or clear stock.
- If you are diabetic, these instructions may differ and therefore please inform the King's College Hospital pre-assessment team or the PRUH nurses' station as relevant (see page one).

### **On the day of your appointment**

- Do not have anything to eat or drink after 6am
- Essential medicines can be taken before 6am.
- Non-essential medicines can be postponed until you have a snack at lunchtime – full instructions will be given.
- If you are diabetic, please check if you can take your morning medications with the nurse.
- Please wear a loose top that buttons up or zips up at the front. You need to wear a belt around your waist as part of your procedure.

## **What happens when I arrive for my test?**

The nurse will attach a belt around your waist and attach it to a recording box that will save the pictures from the capsule. They will check that the capsule is transmitting pictures to the recorder and then ask you to swallow the capsule with a glass of water.

## **After swallowing the capsule**

After you have swallowed the capsule you may leave the department. We will give you instructions when you can start eating and drinking.

We will ask you to come back to the unit at 5pm on the same day (or eight hours after you have swallowed the capsule), so you can return the recorder. By this time, the capsule will have passed into your colon. When you go to toilet, it will pass out of your bowel in the normal way, although when this actually happens varies from person to person.

## **If you have more questions**

If you have specific questions before or after the test (such as what to do about medication), please ring the relevant nurses' station during office hours (9am to 5pm, Monday to Friday) (see page one).

If you need to change your appointment or require another information leaflet, please ring the relevant reception (see page one). At all other times, if you have concerns after your procedure please call your GP or local Emergency Department.

## **Sharing your information**

We have teamed up with Guy's and St Thomas' Hospitals in a partnership known as King's Health Partners Academic Health Sciences Centre. We are working together to give our patients the best possible care, so you might find we invite you for appointments at Guy's or St Thomas'. To make sure everyone you meet always has the most up-to-date information about your health, we may share information about you between hospitals.

## **Care provided by students**

We provide clinical training where our students get practical experience by treating patients. Please tell your doctor or nurse if you do not want students to be involved in your care. Your treatment will not be affected by your decision.

## **PALS**

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you.

PALS at King's College Hospital, Denmark Hill, London SE5 9RS

Tel: 020 3299 3601

Email: [kch-tr.palsdh@nhs.net](mailto:kch-tr.palsdh@nhs.net)

You can also contact us by using our online form at [www.kch.nhs.uk/contact/pals](http://www.kch.nhs.uk/contact/pals)

PALS at Princess Royal University Hospital, Farnborough Common, Orpington, Kent BR6 8ND

Tel: 01689 863252

Email: [kch-tr.palspruh@nhs.net](mailto:kch-tr.palspruh@nhs.net)

**If you would like the information in this leaflet in a different language or format, please contact PALS on 020 3299 1844.**