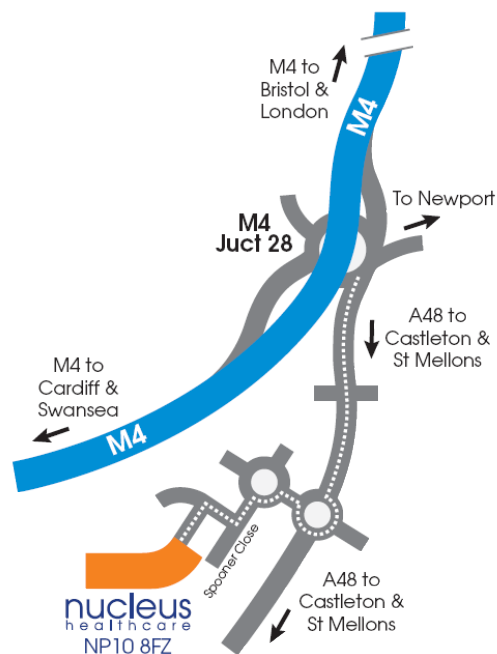


This fact sheet was designed to help you. Please do not hesitate to ask any questions of our specialists and nurses

If you have any problems following your procedure please ring

Nucleus Healthcare during opening hours 07.30hrs – 18.00hrs



CAPSULE ENDOSCOPY

Nucleus Healthcare
Spooner Close
Newport
NP10 8FZ

TELEPHONE 01633 815900

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CAPSULE ENDOSCOPY PROCEDURE

Capsule endoscopy is a non-invasive and painless procedure used to examine the entire length of the small intestines.

You will be required to swallow a small capsule (11mm x 26mm); you could liken this to a large cod liver oil capsule, which includes a video camera.

The capsule passes easily throughout the digestive tract taking about 120,000 pictures as it travels. The pictures are transmitted from the capsule to nine antenna pads attached to your body. The antennas are connected to a recorder unit secured to your waist. The pictures stored on the recorder unit, during the procedure, are then downloaded to a computer ready for the consultant to review and report.

To get the best results from your study, a bowel cleansing agent is taken the day before the procedure. You will be provided with two sachets of PicoLax and an information leaflet. Please follow the instructions on the PicoLax leaflet.

Before you procedure:

- **Please STOP any iron tablets** e.g. Ferrous Sulphate – for 7 days

prior to the procedure.

- Try to avoid Codeine or Opiate containing painkillers e.g. Co-

codamol, Dihydrocodeine, for one week before the test

- **From 2p.m. the day before, please do not eat anything. From**

midnight the night before, do not drink anything except for necessary medication with a sip of water

- Please wear something comfortable and loose.
- Ladies - please do not wear a dress
- Men – you may need your abdomen shaved

Diabetics

If you are insulin or table controlled diabetic, please contact us and we will advise you on the management of your diabetes, prior to your appointment.

On arrival at the Unit

Following check-in by our staff, you will have the opportunity to discuss your procedure and ask questions before providing your informed consent.

The procedure

When you have signed the consent form, nine sensors will be attached to your body and connected to a data recorder, which is worn at the waist on a large belt.

You will be asked to swallow the capsule with a little water.

You will be able to go home or back to work, enabling you to go about your life activities as you normally would.

Discharge instructions

You will be given instructions when you may eat and drink.

The capsule is disposable and will be excreted from your body naturally into the toilet. You will not normally feel any discomfort or pain.

Most patients pass the capsule within a few days. However, the time it takes to pass can vary from person to person so do not worry if this takes some time. Please contact us if you see the capsule and are confident that it has been passed.

Precautions

Until passage of the capsule is confirmed, you **MUST NOT** have an MRI scan or CT scan. Having these investigations whilst the capsule is still inside your body may result in serious damage to your intestinal tract.

Should you develop any unexplained abdominal pain, nausea or vomiting, please contact us.

If it is **possible** that you have one of the following conditions, you **cannot undergo the examination:**

- Patients with a pacemaker or other implanted electrical devices
- Patients with known intestinal strictures, adhesions, diverticulum or fistulas that may block the passage of the capsule endoscope
- Patients with known swallowing disorders

- Pregnant women
- Patients diagnosed with radiation enteritis
- Patients who have undergone a gastric banding procedure may require a gastroscopy to place the capsule through the stomach into the small bowel.

Should you have any questions or need any advice, please do not hesitate to contact us on 01633 815900