

## Patient information

# Colon capsule endoscopy

You have been referred by your doctor to have a colon capsule endoscopy. This information is to explain the procedure and help you make an informed decision before consenting to the procedure. If you have any questions or concerns, please speak to a member of staff. If you are unable to attend your appointment, please inform us as soon as possible on **01284 713038**.

**Please ensure you read this booklet and the enclosed consent form thoroughly.**

## What is a colon capsule endoscopy?

A colon capsule endoscopy is a test that helps to examine the lining of your large intestine (colon) using a small wireless camera which when swallowed takes multiple pictures per second as it passes through your digestive tract.

## What happens during a colon capsule endoscopy?

Excellent bowel preparation is key to a successful capsule examination which is why you will be asked to have a low residue diet for 3-5 days before the test. Additionally, you will need to follow a laxative regime which will start the evening before your appointment.

You will be asked to swallow a small disposable capsule, roughly the size of a large vitamin pill, with a drink of water. This will contain a solution to help dissolve bubbles that form in your digestive tract. The capsule contains two cameras (one on each end of the capsule), a light source, small batteries and a wireless transmitter. Once you have swallowed the capsule, it captures images as it naturally travels through your gastrointestinal tract. The images are then transmitted to a sensor belt and then to a data recorder that you wear in a pouch and strapped on your shoulder. You will have to wear this equipment for most of the day.

After ensuring that the capsule has reached your stomach, you will then be allowed to go out of the hospital and follow the rest of the instructions in the comfort of your own home. You will be given a booster pack which contains laxatives that help speed up

the passage of the capsule through the small intestine to ensure sufficient battery life for the examination of the colon. These laxatives will also help keep your colon clear, allowing the capsule to capture clear images to ensure accurate diagnosis.

The rest of the laxatives (booster pack) can be discontinued once you have passed the capsule out of your body.

To enable us to obtain clear images of your gastrointestinal tract, you will be unable to eat for the rest of the day. You will also be encouraged to move about and remain active while the capsule is inside your body, to encourage the natural passage into your bowels. Once you have passed the capsule in your faeces (poo), it can be flushed away and there is no need to recover it.

You will be required to return the equipment to the endoscopy department the next day, preferably in the morning to midday. The images will be downloaded from the data recorder and into the computer which then creates a video of your whole digestive tract. After that, the video will be reviewed by the nurse practitioner and will be verified by a consultant.

## **What are the risks or possible complications involved in capsule endoscopy?**

- There is a small risk that the bowel preparation has not worked, and the bowel is not clean enough to obtain clear images for accurate diagnosis. If this occurs, we may ask you to repeat the procedure.
- There is a small risk that the capsule would not pass naturally and get impacted. This rarely happens but is usually caused by a narrowing in the small or large intestine. If this is suspected, we would ask you to have a patency capsule test first. This procedure makes use of a “dummy” pill which needs to be swallowed to ensure that there is no narrowing in your bowel and that it is safe for you to undergo capsule endoscopy. If this procedure is necessary, we will give you further information.
- The average length of the procedure is approximately 8-10 hours; however, it differs from person to person. If the movement of your bowel is slow, there may be a delay in the capsule being excreted from your body within the maximum battery life of the data recorder (approximately 15 hours). Should this occur, the procedure may be incomplete thus, you will be contacted to discuss regarding the necessary procedure that you need to undergo.
- There is a small risk that the equipment might not work properly.
- There is a very small risk of aspiration (capsule going down the wrong tract).

- There is a very rare chance of the capsule blocking the bowel or causing perforation (tear or hole in the intestinal lining). Should this occur, you may need to undergo an endoscopy or surgery to repair any damage or to retrieve the capsule.

## What are the benefits for capsule endoscopy?

- Capsule endoscopy is a non-invasive procedure which provides detailed and good quality mucosal (soft tissue) images of the gastrointestinal tract. It is painless therefore does not require any pain relief medications or sedatives.
- The capsule can be easily swallowed.
- After swallowing the capsule, you will not be restricted to a bed, and you are free to go about your normal daily routine for the rest of the day.
- You will not be exposed to radiation.

## Important: Preparing for your colon capsule

### How should I prepare for a colon capsule endoscopy?

The key to a successful capsule endoscopy examination is excellent preparation. It is very important that your bowel is clear of any waste material, as it is possible to miss something, or it might require a repeat procedure. You will need to strictly follow the instructions on what or what not to eat or drink prior the procedure.

- The following medications **should not be taken** during the week prior to the procedure:
  - Iron supplements or iron containing vitamins. Iron discolours the bowel lining, making bowel preparation and image interpretation more difficult.
  - Buscopan / Mebeverine / Colofac
  - Imodium / Loperamide
  - Codeine
  - Morphine.

These drugs affect the digestive tract, therefore, if instructions are not carefully followed, it may affect the procedure and results. Please seek advice from your GP if needed or if you are worried about stopping any of these medications.

- If you are taking **warfarin, clopidogrel, rivaroxaban or any other anticoagulant (blood thinning medication)**, please contact us, unless you already have been given advice regarding the medication.
- If you are a **diabetic**, please contact your diabetic provider or GP regarding your medication or insulin intake the day prior and the day of your capsule endoscopy.
- Please let us know if you are **pregnant** or suspect you may be pregnant, as this procedure should not be performed during pregnancy.
- Women taking the **oral contraceptive pill** should be aware that taking bowel preparation might prevent the absorption of the pill. Additional contraceptive precautions should be taken until you next period begins.
- Please inform us if you have any **pacemakers or implanted cardiac devices (ICD)**.
- It is **prohibited** for you to undergo an **MRI scan** while the capsule is still inside your body.

## What type of food and beverage am I allowed to eat and drink prior the procedure?

Please commence a low residue diet 3-5 days prior the procedure. Please see chart below for suggestions:

<b>Cereals</b>	Rice Krispies, Frosties, Coco Pops, Special K, Cornflakes®
<b>Eggs</b>	Scrambled, boiled, poached
<b>Spreads / sweets</b>	Seedless jam, honey, syrup, Marmite, Vegemite®
	Toffee, marshmallows, white/brown sugar, plain ice cream, clear jelly and iced lollies (not red, purple or orange)
<b>Fruits</b>	<b>Stoned, peeled, pipped:</b> apple, ripe banana, peach, pear, melon, avocado, apricot, plum (1 serving per day)
<b>Flour based</b>	White flours and flour products (eg plain cakes, plain biscuits, plain scones, cornflour, pasta made from white flour)
	White bread (up to 4 slices/day)
	White rice (boiled/steamed)
<b>Fish / poultry / meat</b>	White fish or chicken- steamed, boiled, casserole or microwaved methods of cooking

<b>Vegetables</b>	Potato, pumpkin, squash (boil until soft, avoid skin and seeds) – small portions only
<b>Beverages</b>	Clear fruit or vegetable juices (except prune), tea, coffee
<b>Milk / milk products</b>	Yoghurt, milk Mild cheddar, cream cheese, plain cottage

## The day before the procedure

- **Do not eat any solid food after 10.00am.** After this time, you can increase your oral fluid intake as you can be maintained on a clear liquid diet until instructed not to do so. This diet can include the following clear liquids:
  - Water
  - Apple juice
  - Tea and coffee without milk
  - Clear, non-carbonated sports drinks
  - Bubble gum and hard sweets
  - Iced lollies or jelly (any colour except red or purple).
- **Not allowed:** Milk, cream, alcohol, soup / broth, fruit juices with pulp, solid foods.

## Evening before the procedure

**At 8.00pm – take the single sachet Dose 1 of Plenvu, following the steps below:**

1. Empty the contents of Dose 1 into 500ml of water and stir.
2. Stir until the powder has dissolved, this can take up to eight minutes.
3. Drink all of the dissolved mixture over 30 minutes until you have drunk it all.
4. A further 500ml of clear fluid must be drunk over the next 30 minutes.
5. Alternating between the reconstituted solution and clear fluid is acceptable.

**You may begin to pass frequent loose motions, please stay near a toilet at this time.**

We encourage you to **increase your oral fluid intake** (clear liquids) after taking this bowel preparation. **No solid food or milk products are allowed.**

## The day of the procedure

**At 5.30am – take the second Dose 2 Plenvu (Sachet A and Sachet B), following the steps below:**

1. Empty the contents of Dose 2 – Sachet A and Sachet B into 500ml of water and stir.
  2. Stir until the powder has dissolved, this can take up to eight minutes.
  3. Drink all of the dissolved mixture over 30 minutes until you have drunk it all.
  4. A further 500ml of clear fluid must be drunk over the next 30 minutes.
  5. Alternating between the reconstituted solution and clear fluid is acceptable.
- **Please do not eat or drink anything else after finishing the second set of bowel preparation.** The laxative effect lasts for about 2 hours.
  - Any due medication **must** be taken at least two hours before your appointment time.
  - Please wear only one layer of thin clothing when you arrive for your appointment. This is to ensure that we obtain good quality recording of your procedure. It is advisable for you to wear a loose top.
  - Please avoid smoking on the day of your procedure.
  - Please **arrive promptly in the hospital** in your appointed time and bring your list of medications with you.
  - During the admission process, the nurse will talk you through what is going to happen, and instructions will be given about what you would be expected to do for the rest of the day.
  - The equipment can be removed after you have passed the capsule in your faeces. There is no need to recover the **capsule**, and it **can be flushed away**.

## After swallowing the capsule:

- An instruction guide will be provided post procedure to give you further instructions as to when you can have something to eat or drink.

- Once you have gone home with the equipment, **please make sure that the sensor belt remains positioned over your abdomen** and does not ride up towards the chest. To prevent this from happening, we recommend that you do a quick belt position check whenever changing your position between sitting and standing.
- Please **avoid touching and manipulating the leads and connections** of the equipment attached to you.
- Please **do not attempt to activate the RealTime viewer** on the recorder as such activity attempted at home can corrupt the recording.

## **Is there anything that I should look out for after the procedure?**

The procedure should not have any side effects but if you have any concerns or have developed any unusual symptoms, please call the endoscopy department on 01284 713952.

## **Results**

Your results will be sent via the post to you and the doctor who referred you for the procedure within a couple of weeks after the video of your test has been created and reviewed.

## **Contact us**

You can contact the endoscopy nurse practitioner from Monday to Friday (8.30am to 5.30pm) on 01284 713952 or 01284 713038 for any queries or concerns.

**If you would like any information regarding access to the West Suffolk Hospital and its facilities, please visit the website for AccessAble (formerly DisabledGo)**

<https://www.accessable.co.uk>



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