

Information for patients and carers

Patient instructions for PillCam

Small bowel capsule endoscopy with the sensor
belt

A decorative graphic at the bottom of the page consisting of three overlapping, wavy horizontal bands in shades of blue, ranging from a light sky blue to a dark navy blue.

What is a Small Bowel Capsule Endoscopy?

Small Bowel Capsule Endoscopy is a test which allows the doctor to look internally at the lining of your small bowel (intestine). By doing so it may help us to establish reasons for your symptoms.

You will be asked to swallow a capsule containing a small camera. As the capsule passes through it will transmit visual images of the lining of your small bowel. These images will be detected by the sensors inside a belt that will be placed over your abdomen and connected to a small recording device. This device will be held securely in a pouch and strap, which will be worn over your shoulder. Once it has been confirmed that the capsule has passed into the small bowel you will be allowed home. You must then return to the hospital in the evening to return the recording device.

Will it hurt?

The procedure is not painful. The capsule is quite large and may cause minor discomfort whilst swallowing.

What to do now you have your appointment

- Check if it is convenient
- Check if you can get to the Endoscopy Unit and home again.
- Telephone us on **01257 247108** or **07784225603** if you cannot keep this appointment
- If you are disabled and need help with transport, please contact the Patient Transport Services on **01772 325100**.
- If you need a BSL or Language Interpreter please advise before the appointment on **01257 247108** or **07784225603**

As this is a teaching hospital, your procedure may be observed or assisted by trainee staff. Please inform us on your arrival, if you do not wish to have trainees present.

Please note

The instructions in the Moviprep box maybe different to the one we want you to follow. Therefore, please follow the instructions below when taking the bowel preparation.

Day before Capsule Endoscopy

- Clear fluids only to be taken after lunch
- At 6:00pm, empty into a jug the contents of one sachet A and one sachet B and add 1 litre of water. Stir this until the powder has completely dissolved and the solution is clear
- Start drinking the bowel preparation. Drink a glassful (250mls) about every 15-30 mins until you have drunk it all
- It is important to drink at least an additional 500mls of water (2 glasses) when taking the bowel preparation
- Do not eat or drink anything from 10:00pm, except for necessary medication with a sip of water

You should expect frequent bowel actions and eventually diarrhea; you should therefore stay close to a toilet once you have taken Moviprep. Some intestinal cramping is normal. Please use a barrier cream (zinc & castor oil) on your bottom to prevent soreness.

Day of Capsule Endoscopy

- Do not eat or drink anything, except for necessary medication with a sip of water. Any medication taken **MUST** be at least two hours before your appointment time
- Do not apply body lotion or talcum powder to your abdomen

- Wear loose fitting two-piece clothing
- Bring in any medication you are taking (including inhalers), or a list of their names
- Do not arrive too early for your appointment
- Do not bring any valuables or large amounts of cash with you

After Swallowing the PillCam® Capsule

- After two hours you may drink colourless fluids
- After four hours you may have a light snack. (Once the procedure is completed and the recording device removed you may then return to your normal diet)
- Check the blue flashing Data Recorder light every 15 minutes. If it stops blinking or changes colour, note the time and contact the capsule team
- Complete the Capsule Endoscopy event form recording the time of any event such as eating, drinking or changes in activity
Completed event form is to be returned with the belt equipment
- Avoid strong electromagnetic fields, such as MRI scans or ham radios after swallowing the capsule and until you pass it in a bowel movement
- Do not disconnect the equipment or completely remove the belt at any time during the procedure
- Treat the data recorder carefully; avoid sudden movement and banging of the recorder
- Avoid direct exposure to bright sunlight

You will not be sedated for this investigation and therefore will be able to resume normal activities following discharge home.

Results

A report will be sent to your consultant, who in turn will discuss the results with you at your next outpatient appointment.

Risks

Be sure to inform your doctor immediately if you have any abdominal pain, nausea or vomiting during the procedure. A contact number will be given to you before you leave the hospital.

The capsule will pass out of your body over the next few days in your normal bowel movement. If you are unsure that the capsule has been passed, contact your doctor for an evaluation.

Undergoing an MRI scan while the capsule is still inside your body may result in serious damage to your intestinal tract or abdominal cavity. If you are not certain the capsule has passed out of your body, contact your doctor for evaluation and possible abdominal x-ray before undergoing an MRI scan.

Contact details.

If you require any further information or clarification, please telephone the Clinical Endoscopist team on **07784 225603** or **01257 247108**

Sources of further information

www.lancsteachinghospitals.nhs.uk
www.nhs.uk
www.accessable.co.uk
www.patient.co.uk

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www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

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If you want to stop smoking, you can also contact Smokefree Lancashire on Freephone **08081962638**

**Please ask a member of staff if you would like help in understanding this information.
This information can be made available in large print, audio, Braille and in other languages.**

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