

VIDEO CAPSULE ENDOSCOPY

What is Capsule Endoscopy?

Capsule Endoscopy is a non-invasive method of examining the small bowel, evaluating areas that cannot be seen on standard Gastroscopy and Colonoscopy. The capsule contains a tiny camera that takes pictures of your small bowel as it naturally passes through your body, after you swallow it. The capsule transmits pictures wirelessly to a Data Recorder that you will wear near your waist. The procedure will take approximately 8 hours, during which you can go about your normal activity.

Why am I having a Capsule Endoscopy?

Capsule Endoscopy is indicated because despite having had Gastroscopy and Colonoscopy, you have one of the following:

- Unexplained iron deficiency and/or anaemia (low blood count), thought to be due to chronic occult blood loss from the bowel.
- Persistent overt bleeding from your bowel.

Preparation on the day before your examination (24 hours prior):

You can have a normal diet up until 12pm.

From 12pm – you should drink only clear fluids. You should NOT eat solid foods, fruits, vegetables, milk, seeds or grains.

Clear fluids include:

- Water / honey
- Clear juice such as apple or pineapple juice
- Clear soup and broth such as chicken stock (no vegetable bits, no Cup-a-Soup)
- Light coloured jelly and/or cordials
- Lemonade, Gatorade, Powerade
- Clear ice blocks

At 6pm drink one laxative – either one A+B Moviprep 1L, or 1 Picoprep in 250mL water.

After drinking laxatives – can continue to drink water overnight and on the next morning, but cannot eat any solids or drink any other fluids.

On the day of capsule endoscopy examination:

Please arrive at our rooms by _____ to start the capsule endoscopy procedure. On the day:

- Do not take any medications 2 HOURS before coming to our rooms.
- Do not apply body lotion or powder to your abdomen.
- Wear comfortable loose fitting, two-piece clothing.

After Swallowing the Capsule:

The procedure will last approximately 8-9 hours. Contact our office immediately if you suffer from any abdominal pain, nausea or vomiting during the procedure.

- 1. You may drink water for the rest of the morning.**
- 2. You may have a light snack after 2pm.** After the recording is completed, you may return to your normal diet.
- 3. Check the blue flashing light every 15 minutes** to be sure it is blinking twice per second. If it stops blinking or changes colour, note the time and contact our office.
- 4. Avoid strong electromagnetic fields such as MRI devices or ham radios** after swallowing the capsule and until you pass it in a bowel movement.
- 5. Do not disconnect the equipment or remove the Data Recorder** at any time during the procedure.
- 6. Treat the Data Recorder with care.** Avoid sudden movements and banging of the Data Recorder.
- Avoid direct exposure to bright sunlight.
- 8. Return to our office with the equipment at the end of the day.**

Are there any risks?

Capsule Endoscopy is very safe. Less than 1 in 100 patients have trouble swallowing the capsule. Less than 1 in 100 patients retain the capsule in the bowel. This is usually caused by unexpected narrowing in the bowel or other unusual anatomy. Abdominal pain and nausea are extremely rare and should be reported immediately. If the capsule is retained inside the bowel, it is not usually dangerous in the short term, but open surgery may be needed to remove it. Approximately 1 in 10 patients have slow transit (lazy bowel) and the capsule may not be seen to reach the large bowel on the recording. In this setting, an X-ray can check if the capsule has passed out of your body.