



Information for
patients and
carers

Patient Instructions for PillCam®

Small Bowel Capsule Endoscopy with the Sensor
Belt

What is 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 your small bowel it will transmit visual images. These images will be detected by the sensors inside a belt that will be placed over your abdomen, which is 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 it is convenient
- Check you can get to the Endoscopy Unit and home again
- Phone us on 01257 245988 if you cannot keep this appointment, if you require any additional support or reasonable adjustments for your appointment or need help with transport appointment or are disabled and need help with transport

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.

Day before Capsule Endoscopy

- Clear fluids only to be taken after lunch
- At 6:00pm dissolve the enclosed sachet of KleanPrep in two pints of water and drink it
- Try to drink a further two pints of clear fluid
- 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 diarrhoea; you should therefore stay close to a toilet once you have taken the KleanPrep. 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 (10 minutes before your appointment time is recommended)
- 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. The completed event form must be returned with the belt equipment.
- Avoid strong electromagnetic fields, such as MRI scans or amateur 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

You must inform the Clinical Endoscopist team 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.

If you require any further information or clarification, please contact the Clinical Endoscopist team on 07784 225603.

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.patient.co.uk

www.accessable.co.uk

All our patient information leaflets are available on our website for patients to access and download:

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

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If you want to stop smoking you can also contact the Quit Squad Freephone 0800 328 6297.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

Gujarati:

આ માહિતીને સમજવામાં સહાયતા જોઈતી હોય તો ફરિયાદીને પૂછો. આ માહિતી મોટા છપાણામાં અને અન્ય ભાષામાં ઉપલબ્ધ કરી શકાય છે.

Romanian:

Vă rugăm să întrebați dacă aveți nevoie de ajutor pentru înțelegerea acestor informații. Aceste informații pot fi puse la dispoziție în format mare și în alte limbi.”

Polish:

Poinformuj nas, jeśli potrzebna jest ci pomoc w zrozumieniu tych informacji. Informacje te można również udostępnić dużym drukiem oraz w innych językach

Punjabi:

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਸਮਝਣ ਵੱਲੋਂ ਮਦਦ ਲੈਣੀ ਚਾਹੋਗੇ ਤਾਂ ਕਰਿਯਾ ਕਰਕੇ ਇਸ ਬਾਰੇ ਪੁੱਛੋ। ਇਹ ਜਾਣਕਾਰੀ ਵੱਡੇ ਪ੍ਰਿੰਟ ਅਤੇ ਹੋਰਨਾਂ ਭਾਸ਼ਾਵਾਂ ਵੱਲੋਂ ਮੁਹੱਈਆ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ।

Urdu:

دو سر ی زبانوں او ر بڑ ی اگر آپ کو ہی معلومات سمجھنے کے یئرل مدد ی ضرورت ہے تو یی چھپا یں یی ابی دست بو یسکت ہے براے مہر یان پو یی چھ ہی معلومات

Arabic:

مطبوعه با حرف كبيره و بلغات اذا كنت تريد مساعده في فهم هذه المعلومات يرجى ان تطلب اخرى يمان تو فير هذه المعلومات

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Division: Diagnostics and Clinical Support
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