

# Information for patients and carers

## Small bowel capsule endoscopy discharge information



Date of procedure: \_\_\_\_\_

Capsule ID number: \_\_\_\_\_

## What to look out for when you go home

Once you have swallowed the capsule in the clinic, you will go home with the belt and recorder on.

You may go home now and return to normal activities.

You may drink clear fluids after 2 hours at \_\_\_\_\_.

You may eat light snack after 4 hours at \_\_\_\_\_.

At teatime, please resume your normal diet.

Make sure the sensor belt is secure on your waist.

Avoid strong electromagnetic fields such as MRI.

Do not disconnect the equipment or remove the PillCam® recorder during the procedure.

Please treat the PillCam® recorder carefully- avoid contact with water and be aware of catching the blue wires (e.g. door handles) as this may destroy the recording belt and the test may fail. Do not hang anything off the recording devices.

On the top of the recorder, there is a blue flashing light that will flash intermittently. Please look at the top of the recorder every 30 minutes to make sure it is still flashing.

The blue light will flash until the battery runs out, or the capsule has passed. This indicates the end of the test. Should the blue flashing light continue when you go to bed, you can take off the equipment and place it on your bedside and the capsule will still signal to the equipment.

Should any other colour show up on the recorder, please contact the clinical endoscopist team. Please be aware, we will only be available between 8am and 6pm. Should this happen out of these hours, ring and leave a voicemail, and we will return your call at the earliest opportunity.

Once the procedure is over, please do not detach the recording belt from the recorder, just take it off as one.

The capsule will pass out of your body over the next few days with a normal bowel movement; the capsule can be flushed down the toilet.

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 an evaluation and possible abdominal x-ray before undergoing an MRI scan.

If you are unsure that the capsule has been passed, and you are experiencing any symptoms such as stomach cramps, vomiting or severe abdominal pain, contact the clinical endoscopist team on **07784225603** between 8am and 6pm. Alternatively, please contact 111 or attend urgent care and inform them you have had a capsule endoscopy.

## Post procedural instructions

### What happens after the test?

After the equipment has been removed and returned the next day to the endoscopy unit, Chorley hospital 3<sup>rd</sup> floor the images will be downloaded by the clinical endoscopist team and a report about your test will be sent to your referring consultant.

### When will I know the results?

Results can take up to 4-6 weeks. This is because of the time it takes to look at the large number of images. Results are sent to your referring consultant and they will contact you via telephone or letter. The clinical endoscopist team do not have your results; therefore please don't contact them for any results.

## Contact details

Should you require further advice or information please contact the clinical endoscopist team on **07784225603**.

## Sources of further information

[www.lancsteachinghospitals.nhs.uk](http://www.lancsteachinghospitals.nhs.uk)

[www.nhs.uk](http://www.nhs.uk)

[www.accessable.co.uk](http://www.accessable.co.uk)

[www.patient.co.uk](http://www.patient.co.uk)

[www.lancsteachinghospitals.nhs.uk/veteran-aware](http://www.lancsteachinghospitals.nhs.uk/veteran-aware)

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

[www.lancsteachinghospitals.nhs.uk/patient-information-leaflets](http://www.lancsteachinghospitals.nhs.uk/patient-information-leaflets)

Lancashire Teaching Hospitals is a smoke-free site. Smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping

smoking this will include Nicotine Replacement Therapy to help manage your symptoms of withdrawal and the opportunity to speak to a nurse or advisor from the specialist Tobacco and Alcohol Care Team.

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.**

Our patient information group review our leaflets regularly, if you feel you would like to feedback on this information or join our reading group please contact on email address:

[patientexperienceandinvolve@LTHTR.nhs.uk](mailto:patientexperienceandinvolve@LTHTR.nhs.uk)

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