

# Capsule Endoscopy

## Patient Information Gastrointestinal Endoscopy Unit

### Understanding capsule endoscopy

Your doctor has decided that further examination of your digestive tract is necessary to help evaluate or treat your condition. They have recommended you have a capsule endoscopy. This information sheet has been prepared to help you understand the procedure. Please read it carefully.

### What is capsule endoscopy?

For this procedure, you will need to swallow a small capsule (the size of a large vitamin tablet). This will pass naturally through your digestive tract and take pictures of your intestine as it goes. The images are transmitted to sensors, worn on your abdomen as a belt. These sensors are attached to a data recorder that will save all the images. This is carried in a shoulder bag. After 12 hours, you will remove the data recorder and sensors at home. These will be processed after they are returned to our unit the following day (Monday to Friday).

### What preparation is required?

For this procedure to be successful, your stomach and small bowel must be flushed free of waste to allow a clear view of the digestive tract. Occasionally the digestive tract is not clear enough. The procedure may have to be repeated on another occasion.

**Note: You will not necessarily have a clean bowel after one Picosalax sachet. This is expected. The bowel preparation is needed to push the contents of the small bowel forward into the large bowel.**

Please follow these instructions **one day before** your appointment:

1. Eat a normal sized breakfast.
2. Eat a light lunch. **Do not eat any food after 12 midday.**
3. You may drink **clear fluids** only, such as:

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|----------------------------------|--|
| - Still/tap water                | - Gastrolyte: orange flavour only                        |
| - Clear broth / bouillon         | - Clear salty fluids e.g., strained chicken noodle soup. |
| - Clear apple or orange juice    | - Strained Miso soup                                     |
| - Yellow coloured jelly          | - Orange or Lime flavoured electrolyte drinks            |
| - Black tea or black coffee      | <u>For example:</u> Replace, Gatorade or Powerade        |
| - Yellow or orange barley sugars | - Herbal teas: Ginger tea, green tea or peppermint tea   |

4. **Please Note:** No blue or red drinks.
5. At **3.00pm** mix the entire contents of the Picosalax sachet into a glass of warm water, then refrigerate. Drink this at 4.00 pm.

6. The Picosalax will cause diarrhoea within 1 to 6 hours later and can last for 4 hours or more. **Note:** Please ensure you drink plenty of **clear fluids** to prevent dehydration.

**Do not** have anything to eat *or* drink **after 12 midnight** before your appointment time

7. You might experience nausea after taking Picosalax. This usually settles within an hour of drinking it and will improve if you keep drinking **clear fluids**.
8. Please wear a cotton t-shirt, singlet or top to the appointment. Synthetics are unsuitable due to the static charge.
9. The belt is worn over **one layer** of cotton. You may wear other layers over this.

**Note:** Please wear loose fitting trousers, or a skirt with an elasticated waistband, or a dress.

## What about my medications?

Important medications such as those for high blood pressure or heart conditions, may be taken up to two hours before your appointment with a mouthful of water.

- If you take **iron tablets**, please **stop these 7 days prior to your appointment**.
- If you take **Pentasa** tablets, please **stop these the day before** your appointment.
- If you suffer from **angina** or **asthma**, please bring your GTN spray and / or inhalers with you.

## Diabetic medications

Please contact us as soon as possible on **Ph. 0800 555 400** if you are taking or have recently started taking:

- **Empagliflozin** (Jardiance) or with fixed Metformin dose (Jardiamet)
- **Dapagliflozin** (Forxiga), with Metformin (Xigduo) or with Saxagliptin (Qtern)
- **Duraglutide** (Trulicity)
- **Liraglutide** (Saxenda, Victoza)
- **Semaglutide** (Ozempic)

Instructions if taking diabetic medications above:

If you need advice on how to manage your diabetes before the procedure, please read the pamphlet enclosed '**Diabetes and Endoscopy**'. This information is also available on [www.healthinfo.co.nz](http://www.healthinfo.co.nz). Alternatively, you can contact your GP for advice on how to manage your diabetes before the procedure.

## Where can I park?

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Parking at Christchurch Hospital is limited. Please refer to the enclosed parking information sheet for advice and allow at least 30 mins to get to your appointment.

Information about parking is also available at:

<http://www.cdhb.health.nz/patients-visitors/pages/parking.aspx>

## On arrival:

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**Please report to:** Gastrointestinal Endoscopy Unit  
2nd floor  
Riverside building  
Christchurch Hospital.

The receptionist will check your personal details and a member of the nursing team will undertake a nursing assessment with you prior to the procedure.

## Consent

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Before the procedure can begin you will need to sign a consent form. This has been sent to you so you can read it and think of any questions you would like to ask before agreeing to proceed. A nurse or doctor will discuss the procedure with you and explain the possible complications and side effects.

If you later change your mind, you are entitled to withdraw your consent at any time.

## Is capsule endoscopy safe?

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Most capsule endoscopy procedures are straightforward when performed by staff who have been specially trained, but as with any procedure there is a small risk of side effects or complications. Please notify the gastrointestinal endoscopy unit **before** the procedure if you have any of the following, so preparations can be made to manage this:

- Known stricture (narrowing) of the bowel
- Gastrointestinal fistulae
- Known large diverticula
- Pacemakers or other implanted electrical devices
- Certain types of previous gastric surgery
- Difficulty swallowing

## What are the complications?

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There is a very small risk that the capsule may get stuck in a previously unknown stricture OR narrowing of your digestive tract and cause an obstruction of the bowel.

Therefore, it is important to inform the nursing/medical team of any history you may have of strictures and / or narrowing **before** swallowing the capsule.

If the capsule did get caught in a narrowed area, it often passes on its own, but a few people may need an endoscopy or an operation to remove it.

## How long will it take?

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You will be in the gastroenterology department for approximately 30-40 minutes at the start of the procedure. You can then go home with the data recorder equipment attached to your body (for 12 hours)

- After swallowing the capsule, **do not eat or drink anything for 2 hours**.
- After 2 hours you may drink **clear fluids** (as per the box on page 2).
- After 4 hours you may have a light snack.

After swallowing the capsule and until it is excreted, **do not:**

- Go near any source of powerful electromagnetic fields such as an MRI scanner (magnetic scanner in the x ray department).
- Do any hard, strenuous physical activity.
- Remove the belt at any time during this period.

Every **20 minutes** during the procedure, you will need to look on the top of the data recorder to check the **BLUE** light is '*blinking*'. This indicates the equipment is functioning and taking photos.

## After the procedure

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Once **12 hours** has passed, you will be able to remove the data recording equipment at home. Please return it the following day to the orderlies lodge at the main entrance of the hospital.

**The capsule is disposable and will be excreted naturally in your bowel motions.**

**It is not usual practice to x-ray each person to ensure the capsule has passed. This causes unnecessary radiological exposure.**

## Results

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The results of the capsule endoscopy will take a few weeks to be reviewed and reported. Once this has occurred, the results will be sent directly to the doctor who referred you for the procedure. They may contact you or make an appointment to discuss the results in further detail. If you do not hear from the referring doctor, please contact your general practitioner for the results.

## Confirm your appointment:

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Please telephone to confirm your appointment:  
**Phone: 0800 555 400**

## Interpreter Service

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If you require an interpreter service, please ask an English-speaking person to call us as soon as possible so we can arrange an interpreter for you. Please do not ask family or friends to act as an interpreter for you at this appointment.