

# Patency Capsule

Endoscopy

## Introduction

Your doctor has advised that you should have a procedure called a capsule endoscopy. This service is offered at Cannock Chase Hospital.

This leaflet tells you why you need this investigation, how to prepare for it and what to expect on the day and immediately afterwards. If you have any remaining concerns or queries when you have read the leaflet, please telephone us on the telephone number you will find towards the end of this leaflet.

## What is a patency capsule test?

It is essential that we conduct a patency capsule test to ensure the small bowel has no narrowing which could prevent the passage of the diagnostic capsule through the small bowel. For the patency capsule test, you will swallow a capsule made of a dissolvable material surrounding a tiny radio frequency identification (RFID) tag that can be detected by X-ray.

If the patency capsule leaves your body before it dissolves, it confirms that your small bowel is suitable or 'patent' for an object the size of the capsule.

The patency capsule will be taken in the comfort of your own home rather than having to attend the hospital.

Enclosed in this information pack is the capsule that you will need to swallow and the instructions that you will need to follow. Please read the procedural instructions carefully before taking the capsule. Failure to meet these requirements may lead to repeating the investigation and/or rescheduling future appointments.

## Can there be complications or risk?

If, as often happens, the capsule is still inside your body after 30 hours, you will need to have an abdominal X-ray to ascertain its position. The risk of exposure to radiation is low with an abdominal x-ray. Failure of the capsule to pass through the small bowel indicates that there may be narrowing of the small bowel which may be the cause of the problem being investigated.

Non-passage of the capsule could mean that an answer has been found, furthermore, it rarely blocks the bowel completely. If this were to happen, you may experience abdominal pain or vomiting. We would ask you to contact the Endoscopy Unit if this occurred. The patency capsule then dissolves and passes naturally.

**The prevention of infection is a major priority in all healthcare and everyone has a part to play.**

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

MRI scanning is not permitted until the patency capsule has been excreted from the body.

Please tell us if you are pregnant as the test should not be performed during pregnancy. If you have a cardiac pacemaker or internal electro medical device please telephone:

01543 576736

Monday – Friday, 8.30am – 4.30pm.

## What if I do not have a patency capsule?

A patency capsule has been recommended because you have had investigations or symptoms which suggest you have a narrowed small bowel. If you do not have the procedure done then we are unable to move forward to do the wireless capsule endoscopy.

## How do I prepare for a patency capsule?

### The day before

Eat normally until lunch time. Have your lunch but do not eat solid foods after this. It is essential for you to continue to drink fluids throughout the remainder of the day to avoid dehydration. For example; water, tea or coffee, fruit juices or cordial and soups that do not contain solid matter. You should continue with your normal medications during this time. However, if you are diabetic, you may wish to speak to your diabetic team before doing this, as there may be a need to adjust your diabetic medication.

## The day of the patency capsule

Do not have breakfast. The packaging can be a little difficult to open so you may need a pair of scissors. Please swallow the patency capsule with water or cordial at the following time.

**Monday \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ at 9.00am.**

After you have swallowed the patency capsule you may return to drinking fluids. Please do not eat solid foods until 13:00 hours, at which time your diet returns to normal. During the rest of the day we ask that you observe any bowel movements for signs of the patency capsule. It will look the same as when swallowed, however can be camouflaged.

## The day after patency capsule

We would anticipate you passing the capsule naturally. However, if you do not see the patency capsule, you are expected to attend Cannock Chase or New Cross Hospital Radiology department for an abdominal X-ray. Please arrive promptly.

**Tuesday \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ at 12.30pm.**

A member of the nursing team will contact you on the afternoon following your x-ray to advise you further. Please ensure that you are contactable, either by mobile or landline telephone.

## When can I get back to normal activities?

You should be ready to get back to normal activities immediately.

## Who should I contact if I have any concerns?

If you have any concerns or queries, please telephone the nursing team:

01543 576736

Monday – Friday, 8:30am – 4:30pm

## Useful External Agencies

### **Guts UK**

The Charity for the Digestive System.

3 St Andrews Place

London

NW1 4LB

Tel: 020 7486 0341

Email: [info@gutscharity.org.uk](mailto:info@gutscharity.org.uk)

<https://gutscharity.org.uk/>

### **PALS (Patient Advisory & Liaison Services)**

Patient Information Centre

New Cross Hospital

Telephone: 01902 695362

Email: [rwh-tr.pals@nhs.net](mailto:rwh-tr.pals@nhs.net)

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

Open: Monday – Friday, 9.00am – 5.00pm

## English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

## Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

## Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

## Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

## Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

## Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。