

# Wireless Small Bowel Capsule Endoscopy

Gastroenterology

## Introduction

Your doctor has advised that you should have a procedure called a wireless small bowel capsule endoscopy. Currently, we only offer this procedure at Cannock Chase Hospital.

This leaflet tells you why you need the investigation, how to prepare for it and what to expect on the day and immediately afterwards. An appointment has been made for you on:

..... at ..... hours

## What is a wireless small bowel capsule endoscopy?

A wireless small bowel capsule endoscopy allows the doctor or nurse to look into your gullet, stomach and predominantly the small bowel. It is used to assist in diagnosing gastrointestinal conditions such as inflammatory bowel disease, small bowel bleeding, malabsorption, chronic abdominal pain and chronic diarrhoea.

It involves swallowing a small capsule (about the size of a large vitamin pill), which contains a colour camera, battery, light source and transmitter. Once swallowed the camera moves naturally through the digestive system taking two pictures every second for approximately 10 to 12 hours. These images are transmitted and stored onto a data recorder about the size of a portable CD player worn on a belt around the waist.

## Consent

We must seek your consent for any procedure or treatment beforehand. Your doctor will explain the risks, benefits and alternatives where relevant before they ask for your consent. If you are unsure about any aspect of the procedure or treatment proposed please do not hesitate to ask for more information. The consent form should be completed before the day of the procedure and after you have spoken with a nurse or doctor. Please read all the information on the consent form.

Please bring the consent form with you to your appointment.

## What if I am pregnant?

If you are pregnant or think that there is a possibility you could be pregnant, please contact the telephone number at the front of this booklet.

We will need to discuss your individual circumstances as it may be necessary to cancel or delay your appointment.

**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.

## What is the benefit of having a wireless small bowel capsule endoscopy?

The main benefit of the procedure is to obtain images to diagnose potential problems of the small bowel.

## What are the risks in having a wireless small bowel capsule endoscopy?

The majority of wireless small bowel capsule endoscopies are safe. However, as with any procedure there is a small chance of a complication. National studies have shown only one significant complication:

**Retention:** The capsule could get stuck somewhere inside the small bowel. This happens in approximately 1 out of every 250 patients we see. Usually once a patient is commenced on the appropriate medication for their needs, the capsule will pass by on its own. If the capsule does not pass out there may be a need for an operation to remove it, but this is rarely done.

**Missed lesions:** Although this test has been recommended as the best test to detect any abnormalities, no test is perfect. There is a small risk that we may miss lesions including polyps and rarely cancers.

## Are there any alternatives to a wireless small bowel capsule endoscopy?

There are other methods to see the small bowel, such as double balloon enteroscopy. However this procedure is more invasive and is usually done using a general anaesthetic at a different hospital. A wireless small bowel capsule endoscopy is by far the safest alternative at this time.

## What if I do not have a wireless small bowel capsule endoscopy?

A wireless small bowel capsule endoscopy has been recommended because you have symptoms, or have had other investigations, which suggest diseases of the gullet, stomach or small bowel. If you do not have the procedure done then the problems you have may go on undiagnosed.

## How do I prepare for a wireless small bowel capsule endoscopy?

If you are taking Iron tablets please stop them one week before the procedure. If you have an internal defibrillator or cardiac pacemaker, please let your doctor or nurse know.

## What do I need to do on the day before the procedure?

You will need to start your bowel preparation as discussed (Moviprep). This allows the small bowel to be seen more clearly. It is essential that you continue to drink clear fluids such as water, black tea or coffee until bedtime, but do not eat solid food after taking this medicine.

Failure to follow these instructions may result in an incomplete examination.

## What will happen on the day of the procedure?

You may continue to take medications for heart conditions, high blood pressure, asthma or steroids with a sip of water. Ideally this should be two hours before attending. If you require additional information regarding diabetes please contact nursing staff on 01543 576736 for further instructions.

It is recommended that you attend wearing comfortable clothing, such as jogging bottoms and a T-shirt. Please put on something that you will feel comfortable wearing all day, as you will not be able to get changed until the evening.

When you arrive at the Cannock Chase Hospital, please report to the Endoscopy Unit Reception and you will then be asked to take a seat in the waiting area.

A nurse practitioner will ask you a few health questions and answer any questions that you may have, before you swallow the capsule.

## What happens during the wireless small bowel capsule endoscopy?

After swallowing the capsule you will be asked to stay in the department for up to one hour and then you will be allowed home wearing the belt and data recorder. The nurse will advise you and give you some written information to take home. You will be required to return the belt and data recorder by 09:00 the following morning. If you are not able to do so, a friend or family member could do this for you.

## When will I receive the results?

Once the video footage has been viewed a report is sent directly to your consultant who will arrange the appropriate follow-up tests, letters or appointments.

## Training

The Royal Wolverhampton NHS Trust is a regional centre for Endoscopy Training. You may be asked if you would be willing to be examined by a trainee consultant or trainee nurse endoscopist. All trainees are under the direct supervision of an expert consultant trainer until they are fully competent; the consultant is there to ensure your safety and comfort. With your help it will be possible to train the specialists of the future.

## Clinical photography

Clinical photography is the visual recording of clinical conditions for use in your patient record. They are used by healthcare Professionals to monitor your clinical condition and are often used in the treatment planning process along with other tests such as X-rays, scans and blood tests.

With your permission, clinical photographs can also be used to teach doctors, nurses and other medical professionals, as well as research, audit and quality assurance purposes.

## Contact Details

If you have any concerns or queries when you have read the leaflet, please telephone Cannock Chase Hospital on 01543 576736 Monday to Friday 08:30 to 16:30.

## Useful External Agencies:

**Guts UK – The charity for research and information on gut and liver disease.**

3 St. Andrews Place

Regents Park

London, NW1 4LB

Telephone: 020 7486 0341

Fax: 020 7224 2012

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

[www.corecharity.org.uk](http://www.corecharity.org.uk)

### **PALS**

(Patient Advisory & Liaison Services)

Patient Information Centre

New Cross Hospital

Wolverhampton, WV10 0QP

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 to Friday – 09:00 until 17:00

## 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 ਅਸਾਨ 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。