

# Colon Capsule Endoscopy

Gastroenterology

Endoscopy Department at Cannock Chase Hospital

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.

# Introduction

Your Doctor has advised that you should have a procedure called colon capsule endoscopy. Currently we are only offering 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. If you have any remaining concerns or queries when you have read the leaflet.

## What is a colon capsule endoscopy?

Colon capsule endoscopy allows a Doctor or Nurse to look into your colon (large intestine). It is used to assist in diagnosing gastrointestinal conditions such as bleeding, inflammation, colonic polyps and colorectal cancer.

## Consent

Before a doctor or nurse examines or treats you, they will need to gain your consent. This will be required in writing. If you later change your mind, you are entitled to withdraw consent, even after signing. A copy of the consent form will be offered to you. The doctor or nurse will ensure you know enough information about the procedure to enable you to decide about your treatment. They will explain the benefits, risks, and any alternatives to the procedure if available. We encourage you to ask questions and inform us of any concerns that you may have. Ask as many questions as you like and please express any concerns about medications, allergies or past medical history.

## What is the benefit of having a colon capsule endoscopy?

A colon capsule endoscopy is commonly performed when patients for whatever reason, are unable or do not wish to undergo a colonoscopy to examine the colon. This test is a pain free alternative to colonoscopy, which does not require sedation and is very low risk.

## Can there be complications or risk?

Most capsule endoscopy procedures are safe and complete without problems. However, as with any procedure there is a small chance of complication.

**Retention:** The capsule could get stuck somewhere in the gastrointestinal tract. This happens in approximately one in every 250 patients. If it were to become stuck, the capsule may eventually pass naturally, but urgent treatment or even an operation may be needed to remove the capsule. Your risk of narrowing based on your history will be discussed during your preassessment stage.

If you require a patency capsule (dummy capsule) which is dissolvable, further information will be given to you.

**Missed Lesions:** Although the test has been recommended as a suitable alternative to colonoscopy, no test is perfect. There is a small risk that we may miss lesions including polyps and rarely cancers.

**Aspiration:** There is a small risk that as you swallow the capsule you could inhale this, and it may enter your windpipe. Most patients will naturally cough to relieve this but in very rare circumstances you may need other endoscopic procedures to remove this.

**Incomplete procedure:** There is a small risk that the test may need to be repeated if the colon is not clean enough to see anything or if the camera moves through the gastrointestinal tract too quickly. Should this be the case we will contact you to rearrange your appointment.

**MRI scanning is not permitted until the colon 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 the department.**

## And what if I do not have a colon capsule endoscopy?

A colon capsule endoscopy has been recommended because you have symptoms, or have had other investigations, which suggest disease. If you do not have the procedure done then the problems you have may go on undiagnosed.

## How do I prepare for a colon capsule endoscopy?

**If you are taking Iron tablets please stop them one week before the procedure.**

Bowel preparation is an essential part of the examination, and this involves dietary advice and the use of laxatives. Your referring Consultant will have indicated if you are able to take bowel preparation. The preparation and instructions will be given and explained at your preassessment appointment.

## How is the test done?

You will be asked to swallow the capsule after having a low fibre diet for 5 days and following a laxative regime. Colon capsule endoscopy involves swallowing a small capsule which is about the size of a large vitamin pill (32mm x 12mm), it contains two tiny colour cameras, which are powered by two batteries, and a wireless transmitter. Once swallowed the camera moves through the digestive system taking four pictures every second. These images are transmitted and stored onto a small data recorder which is carried in a shoulder bag.

We usually administer the capsules in the morning. About five minutes after the capsule is swallowed, we will make a check to ensure it has entered your stomach. We know that occasionally some people's stomachs are slow to empty. It is standard practice to ask you to swallow a tablet to help speed up the transit to your small bowel to prevent delay's.

Throughout the test you will be given medication to take which helps move the capsule through the digestive tract. You may also be required to administer a suppository. You will need to continue to fast for most of the day.

The equipment is removed after the capsule has been passed out of the body. The images are then downloaded from the data recorder to a computer and this assembles the images as a video of the whole intestine. The video can then be reviewed by a doctor or a nurse and your results will be sent to your referring Consultant.

## What happens if the colon capsule does not pass through?

It is our experience that most capsules will pass through the gastrointestinal tract by itself. However some are just slow to do so. If the colon capsule does appear stuck and is at the extreme upper or lower end of the small bowel, it may be possible to retrieve it using an endoscope (gastroscopy or colonoscopy). But if the small bowel is severely ulcerated or blocked by a tumour, an operation might be needed, not only to remove the colon capsule, but to treat the disease also.

You may take medication for heart conditions, high blood pressure, asthma or steroids with a sip of water. Ideally this should be two hours before attending. If you are diabetic, or require further advice about your medications, please telephone the department.

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

On arrival at Cannock Chase Hospital, please report to Reception at the Endoscopy Unit where you will be asked to take a seat in the waiting area. You will be given a tablet to take in the department called Prucalopride which acts to speed up the transit into your small bowel. You will then wait around 30mins before swallowing the colon capsule.

A Nurse will ask you a few health questions, ascertain if you have completed your bowel preparation and answer any questions that you may have. Please feel free to ask questions or voice any worries you may have regarding your test.

The sensor belt and data recorder will be fitted and you will then swallow the capsule. After five minutes the nurse will check where the capsule is. If the capsule has passed through to your stomach, you will be free to leave the hospital.

Once the capsule has passed into the stomach, you will be sent home wearing the sensor belt and data recorder. Once back in the comfort of your own home you are expected to take additional laxatives which act as a boost to propel the colon capsule through your bowel. The instructions for this will be explained before you leave.

You will be required to return the belt and data recorder by 9:00am the following morning. If you are not able to do so, a friend or family member could do this for you.

## When can I get back to normal activities?

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

## When will I receive the results?

Once the video footage has been viewed a report is sent directly to your referring Consultant who will then organise the appropriate follow up tests, letters or appointments.

## Is there anything I should look out for when I go home?

If you have any problems when you go home, or are feeling worse than you expected, please telephone us.

## 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 Health Care Professionals to help 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 for teaching Doctors, Nurses and other medical professionals, as well as research, audit and quality assurance purposes.

## Contact details

Endoscopy Department, Cannock Chase Hospital

Telephone: 01543 596736

Monday – Friday 8.30am – 4.30pm.

## Useful External Agencies:

### **CORE**

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 – 9am until 5pm

## 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。