



Capsule Endoscopy

What is capsule endoscopy?

Capsule endoscopy is a test to visualise the small bowel. The procedure involves swallowing the capsule, which will pass through the digestive tract and will then be excreted naturally. .

Images are captured by the capsule and transmitted to a recording device which is carry with as you go about normal daily life. This is attached to the abdomen. The procedure is non-invasive and requires no sedation.What causes

How big is the capsule?

It is the size of a large vitamin pill (11 mm x 24 mm) and contains a camera, battery and light source.

What preparation is required?

A week before:

Stop taking stool bulking agents such as Fybogel or Regularan, and stop taking Iron tablets.

The day before:

At mid-day, have a light lunch, after which only clear fluids such as glucose drinks, Bovril, black tea or coffee (without milk), lemonade, water or orange squash, and clear soup can be taken. However, regular medication must be taken as usual. From now on no solid food may be taken until the capsule has been swallowed.

Between 2pm and 6pm, take the first sachet of bowel preparation (Klean-Prep). Dissolve the sachet in 1 litre (1 ½ pints) of water). Stir until the solution is clear. Drink one glass (half pint) every fifteen minutes until it is finished. Your bowels will start to open 1- 2 hours after starting the Klean-Prep. You should drink at least 1litre of clear fluid in addition during this time.

Once you have started taking the bowel preparation, it is advisable to stay close to the toilet.

The day of the examination:

At 8am, drink the second sachet of Klean-Prep (prepared as with the first sachet).

Drink one glass every fifteen minutes until it is finished. At least 1 litre of clear fluid should be drunk in addition during this time.

Again, no solid food may be taken, only clear fluids.

Please wear loose-fitting, two-piece clothing, for example, jogging pants with a baggy t-shirt.





The London Gastroenterology Partnership

On arrival at hospital

If you wish to have someone with you during the examination, please bring a friend or family member.

The doctor or physician assistant performing the test will explain the procedure and ask you to sign a consent form. This confirms that you understand the purpose and procedure of the examination and agree to proceed.

The consultant will usually not be present but will study the images after they have been obtained and interpret the findings.

How long does it take?

Swallowing the capsule and attaching the sensors should not take more than half an hour after which you can go home. Recording may take up to 12 hours. The data recorder will turn off automatically. You can then detach the sensors. Please handle all equipment with care. Are there any risks or side effects?

Capsule endoscopy is purely diagnostic. It is a well tolerated and safe procedure. The main risk is capsule retention, which occurs in less than 1% of cases

Please make sure that you have excreted the video capsule. If you are worried that the capsule has not been excreted, please notify us and we will consider arranging an abdominal x-ray.

After the examination

You may resume normal activities following the test. The images obtained will be examined and a report will be sent to your consultant. This may take several days as there are 10 hours of recording to be studied. You should make an appointment with your consultant who will discuss the results with you.

If you have any queries or concerns please do not hesitate to contact us on: Tel: 020 8337 9609

