



Tallaght
University
Hospital

Ospidéal
Ollscoile
Thamhlachta

An Academic Partner of Trinity College Dublin



PATIENT
INFORMATION
BOOKLET

Colon Capsule Endoscopy

In this leaflet we explain the following to you:

- What is a colon capsule endoscopy.
- Why it is needed.
- What we need to know from you before the procedure.
- What you need to know before the procedure.
- Potential risks of the procedure.

What is Capsule Endoscopy?

It is a small, wireless camera contained in an easy-to-swallow and disposable capsule the size of a large tablet. Once swallowed, the camera sends images to a data recorder, worn on a belt, as the capsule travels naturally through your system. The capsule does not need to be retrieved. The video will be downloaded and the recordings analysed and reported by one of our Gastroenterologists.

Why it is needed?

Your doctor has referred you for this procedure to investigate bowel symptoms which may include changes in your bowel habit, weight loss, bleeding from the bowel or pain. Other reasons include a family history of bowel problems or pre-existing conditions like inflammatory bowel disease or colonic polyps.

What we need to know from YOU?

- Allergies.
- Previous abdominal surgery.
- History of bowel obstruction.
- Swallowing problems.
- Diabetes.
- Kidney problems.
- Internal electrical devices.
- Pregnancy.
- Scheduled MRI at the time of the procedure.

What you need to know?

We will ask you to follow the bowel preparation regimen on this leaflet. This involves taking laxatives which help clean your bowel prior to the test and boosters to help move the capsule through your bowel. If you are unable to take the bowel preparation or boosters, please contact the department as we may not be able to proceed with the investigation.

You will need to fast before this procedure. On the day of the procedure, you will not require sedation or supervision.

Once the capsule is swallowed and you have taken the first booster you are free to leave the hospital.

While normal activity is encouraged any strenuous activity, including jumping or running, should be avoided to prevent data recorder malfunction.

What are the risks?

This procedure is generally very well tolerated. However, there is a rare risk of the capsule becoming stuck in the bowel or breathing tube. This is more likely if you had recent surgery, have a history of blockages or have known stricturing Crohn's disease. If you are at risk the team may perform a patency test before the capsule. If the capsule does get trapped it can usually be managed medically but could require an endoscopy, and rarely an operation to remove it.

There is a risk of mild skin irritation from the sensor belt.

Some patients may also experience some mild abdominal cramping and diarrhoea due to the bowel preparation. If these symptoms become severe, please contact this department or your GP.

On the day of the procedure

- Upon arrival to the hospital please go directly to the Day Ward reception, located on level 2.
- Take a ticket from the dispenser for the registration desk.
- Registration desk opens from 7.00 am to 2.30 p.m.
- To assist with registration, please bring evidence of current entitlements to Health Services including medical card or any private Health Insurance Scheme including cover type and subscriber number.
- This procedure is categorized as a day case procedure and for non-medical card patients, the government levy is applicable.
- Once registered, you will be asked to wait in the reception area until a member of the GI Investigation Unit calls you for your procedure.
- The Unit is located adjacent to the waiting area.

Final checklist:

- Check the date and time of your appointment.
- Make sure that you have read this leaflet and understand the indications and the risks of this procedure.
- Contact a member of our team if you have any of the medical conditions listed in this leaflet.
- Ensure you have received the prescription for your bowel prep.
- Follow the bowel prep regimen included in this leaflet.
- Bring all the necessary information needed to register for this procedure.
- Make necessary travel arrangements for the day of the procedure and to return the recorder the next day.
- Please bring empty water bottle/ water container
- If you have any further questions, please contact the GI Investigations Unit.

Any further queries please contact any of the following numbers

01-4144181 or 01-414 3378 or 01-414 3851 or e-mail: gifunctionlab@tuh.ie

Bowel Preparation Regimen

1 week before	Stop iron tablets.
2 days before	4 x 7.5mg Senna tablets at 7pm.
1 day before	<ul style="list-style-type: none"> • Liquid diet throughout the day (includes black tea, black coffee, clear broth, soft drinks, jelly, ice cream etc.). • Drink at least 10 glasses of water throughout the day. • 7pm Sachet A+B Moviprep with 1L water. • Clear fluids only from midnight.
Test day (morning)	<ul style="list-style-type: none"> • Essential medications may be taken with sips of water. • 7am Sachet A+B Moviprep with 1L water. Please bring own empty water bottle/water container to the department • On arrival to the department, the recorder is attached and the capsule swallowed. You will need to wait in the department for up to 30 minutes to allow the capsule to pass into the small bowel when the 1st booster can be given. • 1st booster prepared by a member of our team: 750mls of Moviprep (A+B) plus 750mls of water. The remaining 250mls are kept for second booster in the empty water bottle/container • You can now drink clear fluids freely.
Test day (3 hours after 1st booster)	<ul style="list-style-type: none"> • 2nd booster taken: take the remaining 250mls of Moviprep from the water bottle/container plus 250mls of water. • You can now eat and drink as normal and take your regular medications.
Test day (2 hours after 2nd booster)	If you haven't seen the capsule pass by now, please take the prescribed rectal suppository (Dulcolax)
After test	<ul style="list-style-type: none"> • Remove the belt when the capsule passes or the battery runs out. • Return the data monitor and sensor belt to the department the next day in the envelope provided.