

# Video capsule endoscopy with CapsoCam®

**This leaflet explains what to expect from having a video capsule endoscopy with CapsoCam®. If you have any questions or concerns, please speak to a member of staff caring for you.**

## **Why do I need to have a video capsule endoscopy?**

A video capsule endoscopy (VCE) allows examination of the lining of your small intestine. This is an area which is difficult to examine with standard flexible endoscopes (devices used to look inside the body). Your doctor will explain why you are having a VCE. A VCE may help to investigate:

- iron deficiency anaemia (lack of iron in the body)
- unexplained bleeding in the stomach or intestines (that cannot be investigated with a standard endoscope)
- suspected coeliac disease and inflammatory bowel diseases
- abnormalities such as polyps (small growths), seen on CT or MRI scans.

## **What is a VCE?**

This is a small (23mm long) capsule, roughly the size of a large vitamin capsule, which is swallowed with a drink of water. It contains a camera, light source, battery and transmitter, which work together to take images of the gut. The capsule travels naturally through the small intestine and rest of the gastrointestinal tract and is passed (in your poo) when you have your bowels open.

Patients swallowing a CapsoCam capsule need to retrieve the capsule with a special kit provided. Instructions will be given on how to retrieve and return the capsule hygienically.

## **What are the risks of VCE?**

VCE is extremely safe and has few risks or complications. These will be discussed with you before the day of the procedure. Occasionally it is necessary to swallow a 'dummy' capsule (also known as a 'patency' capsule) to test whether the actual capsule can successfully travel through the small bowel. Further information will be provided if this is the case. If the bowel images are unclear due to bleeding or food residue, the examination images may be inadequate. This may require a repeat procedure.

Occasionally, the capsule does not pass naturally and may become stuck in the gut. This may require the use of an endoscope to retrieve the capsule. Alternatively and very rarely, surgery may be required to remove the capsule and identify the cause of the capsule getting stuck.

You will be given instructions about what to do if this happens – the signs are worsening tummy pain/cramps and vomiting.

If you suspect you are pregnant please tell us promptly as the procedure should **NOT** be carried out.

It is not necessary to have someone with you for this procedure, but you might want to talk this through with someone at home.

## How should I prepare for a VCE?

### Medicines to stop before the VCE

Seven days before your appointment date stop taking:

Iron supplements, buscopan, colofac, mebeverine, imodium, codeine, morphine and loperamide. If you take codeine/morphine and are concerned about being able to stop, please discuss this with your doctor.

**These drugs affect the gut and if the instructions are not followed it could affect the procedure and results. Please seek advice from your GP if needed.**

### Food and drink before the VCE

For a successful examination, it is important that the small bowel is clear of waste material. If the bowel is not completely clear it is possible to miss something or may mean the procedure may have to be repeated.

On the day before swallowing the capsule:

- You may eat breakfast as usual but you must have finished eating by 8:30am at the latest.
- Your usual medicines can be taken with water during the day.
- You must drink only liquids (see list below) for the rest of the day until 11pm. You should not have any liquids after 11pm.

#### YES:

- **Water**
- **Black tea**
- **Black coffee**
- **Non fizzy soft drinks**
- **Non fizzy energy drinks**
- **Clear soup or stock (no solids in it)**
- **Bovril or Marmite (one mug maximum as it is salty)**
- **Clear fruit juice or vegetable juice with no bits.**

#### NO:

- **Milk**
- **Red or purple drinks**
- **Alcohol**
- **Any food after 8.30am the day before your procedure**

## If you have diabetes

If you have tablet-controlled diabetes, take your morning dose but leave out the evening dose.

If you have insulin-controlled diabetes, take half your usual morning dose before breakfast and monitor your blood sugar more regularly. If your blood sugar level is low during the day, you can drink a non fizzy energy drink to correct this. Please discuss this with your specialist nurse or doctor if you have any further questions.

If you have a long-term health condition requiring injections or tablets, please discuss the dietary instructions with your specialist nurse or doctor before you swallow the capsule.

## On the day you swallow the capsule

**Swallow the capsule at 8am then follow the instructions below:**

TIME	ACTIVITY
<b>0hr:</b>	<p>You can drink only water for four hours after swallowing the capsule. Do not smoke for the next 12 hours.</p> <p>You can use a mobile phone and household electrical equipment as usual but <b>avoid</b> magnets and scanners until after you passed the capsule.</p> <p>Do not have an MRI scan until you have passed the capsule, as the strong magnets used for MRI can potentially cause problems.</p>
<b>4 hours after swallowing:</b>	<p>You can have a light snack now (a small sandwich or <u>small</u> baked potato with filling) but no other food for another four hours. Drink plenty of fluids – milk is allowed from now on too. No alcohol.</p>
<b>8 hours after swallowing the capsule:</b>	<p>You can eat and drink as normal and take your medicines as normal, including any usual medicines for diabetes.</p>
<b>When you feel the urge to open your bowels after swallowing the CapsoCam:</b>	<p>You have been provided with a special kit to catch the CapsoCam when you pass it through your bowels. We will have explained the kit to you before you swallowed the capsule.</p> <p>Use the gloves and place the plastic bowl onto the toilet bowl when you have your bowels open. Using the cup provided, wash the stools (poo) through with cold water and the capsule will remain in the plastic bowl. Retrieve the 'washed' capsule and place it in the container provided, then into the plastic bag provided.</p>
<b>As soon as possible:</b>	<p>You should return the bagged capsule in the envelope provided promptly to ensure it is processed and read as soon as possible.</p>

## What do I do if I have a problem on the day I swallow the CapsoCam capsule?

If you have any urgent problems after swallowing the capsule on the day of the procedure, please contact us on the telephone numbers listed below.

## What happens after I swallow the capsule?

When we give or send you the capsule we will ring you to explain the full instructions for retrieving the capsule after it has passed through your gut. Please also read the manufacturer's instruction leaflet provided for retrieving and returning the CapsoCam capsule after you have passed it.

If you have not passed the capsule within seven days, we recommend you speak to your local pharmacist and take a one-off dose of a laxative such as senna tablets. Please also call us on the numbers below and let us know. This is particularly important if you develop symptoms such as worsening pain in your tummy, distension (swelling) of your tummy or vomiting. Symptoms like this are rare after swallowing the CapsCam.

The specialist will watch the video that the CapsoCam capsule has taken and send a report to the doctor that referred you to us. This can take up to four weeks.

### Contact us

If you have an urgent problem in the few days after you swallow the CapsoCam please ring **020 7188 7188 extension 54059 or 54060 (Monday – Friday, 8am – 6pm)**.

Outside those hours in an emergency please call 020 7188 7188 and ask to speak to the on-call gastroenterology doctor.

If you need further information about the procedure please ring and leave a message with your contact details **020 7188 7188 extension 56255**.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.guysandstthomas.nhs.uk/leaflets](http://www.guysandstthomas.nhs.uk/leaflets)

### Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

**t:** 020 7188 8748 9am to 5pm, Monday to Friday

### Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

**t:** 020 7188 8801 (PALS) **e:** [pals@gstt.nhs.uk](mailto:pals@gstt.nhs.uk)

**t:** 020 7188 3514 (complaints) **e:** [complaints2@gstt.nhs.uk](mailto:complaints2@gstt.nhs.uk)

### Language Support Services

If you need an interpreter or information about your care in a different language or format, please get in touch:

**t:** 020 7188 8815    **e:** [languagesupport@gstt.nhs.uk](mailto:languagesupport@gstt.nhs.uk)

### **NHS 111**

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

**t:** 111

### **NHS Choices**

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

**w:** [www.nhs.uk](http://www.nhs.uk)

### **Get involved and have your say: become a member of the Trust**

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, and to become a member:

**t:** 0800 731 0319    **e:** [members@gstt.nhs.uk](mailto:members@gstt.nhs.uk)    **w:** [www.guysandstthomas.nhs.uk/membership](http://www.guysandstthomas.nhs.uk/membership)

**Leaflet number: 4299/VER1**

Date published: September 2016

Review date: September 2019

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