

Having a capsule endoscopy to examine your small and/or large bowel: instructions after swallowing capsule

Endoscopy Department

Information for Patients

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You are having a capsule endoscopy to examine your small and/or large bowel. See leaflet 951 'Having a capsule endoscopy to examine your small and/or large bowel' for more information.

Patient name: _____

Patient ID: _____

Procedure date: _____

What happens after the capsule is swallowed?

After you have swallowed the capsule in the Endoscopy Department please follow the instructions in this leaflet. This will be at home if not agreed with the Endoscopy Department.

The admitting nurse will give you a bag. It has extra laxatives (bowel prep) to take at different times of the day at home.

If you have ever had an allergic reaction to Gastrografin or any type of X-ray contrast dye, we will replace the Gastrografin with Phospho-soda. The nurse will help you. They will adjust the treatment as needed.

The medical team looking after you will decide if we need to look at your small **and** large bowel, or just your large bowel (colon) only. This will be before you attend for your procedure. There are different guides to follow. It depends which part(s) we need to examine. These are explained on the next pages.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

Instructions to follow during the procedure:

- Do not remove or disconnect the equipment at any time.
- Avoid direct sunlight on the device.
- Avoid strong electromagnetic fields such as MRI devices.
- After swallowing the capsule you must not eat or drink until you are told to do so, as per the instructions below.
- Please note the alerts are very loud and the monitor also vibrates.
- Do not lie down or sleep in the first **7 hours** after you swallow the capsule. This will slow the capsule moving through your bowel. You may sit down if needed.
- Please be as active as possible after swallowing the capsule until it leaves your body.

Which instruction guide do I follow?

- If we need to look at your large bowel only, then you must follow the **Alert Number Instruction Guide**.
- If we need to look at both your small **and** large bowel, then you must follow the **Time Specific Guide**.



The nurse will explain all the instructions before you leave the department. If you have any questions you can call the Endoscopy Unit on 0116 258 6997 / 6995.

Alert Number Instruction Guide (if having the capsule endoscopy to see the large bowel only):

When the monitor beeps and vibrates:

Check the number alert as shown on the monitor. Follow the instructions as per the guide below.

Alert Number 0: This means you must continue to fast (no additional drinking) until the next alert.

Alert Number 1: This means you need to take the 1st 'booster' laxative. It will help move the capsule through your bowel.

- Dilute 50ml of Gastrografin and 30ml of Phospho-soda into 250ml of water.
- Then you must drink at least 1 litre of water, lemon or orange squash over the next hour.
- You may then continue to drink clear fluid freely.

Alert Number 2: This means you need to take the 2nd 'booster'.

- Dilute 50ml of Gastrografin and 15ml of Phospho-soda into 250ml of water.
- Then you must drink at least 1 litre of water, lemon or orange squash over the next hour.
- You may then continue to drink clear fluid freely.

Alert number 3: If this alert sounds before the capsule has passed from your body then you

need to insert 1 glycerol 4g suppository. See the instructions in the packet.

Alert number 4: You may now eat a **light meal** because you have not eaten in over 24 hours, avoid too much food at once. It might make you feel unwell.

Time Specific Guide (if having the capsule endoscopy to see both the small and large bowel):

The monitor will still beep with the alerts. The capsule will be programmed to skip these alerts. Your medical team want to see different views of the bowel. Please be aware the sound of the monitor alerts are loud. This programme is based on **timings** and **not** the alerts.

On the day, the nurse will fill out the times of the stages below. Please follow the instructions at home:

1. **Time capsule swallowed:** _____

2. **1st booster laxative. This helps move the capsule through your bowel. You take it 90 minutes (1 hour and 30 mins) after swallowing the capsule.**

Time: _____

Dilute 50ml of Gastrografin and 30ml of Phospho-soda into 250ml of water. Drink it over the next 30 to 60 minutes. Please drink a further 1 litre of water after this.

You may then keep on drinking clear fluid freely.

3. **2nd booster. Take it 3 hours after the 1st booster.**

Time: _____

Dilute 50ml of Gastrografin and 15ml of Phospho-soda into a 250ml glass of water. Drink this over the next 30 minutes. Please drink a further 1 litre of water after this.

You may then keep on drinking clear fluid freely.

4. **3rd booster. It has to be inserted 2 hours after the second booster.**

Time: _____

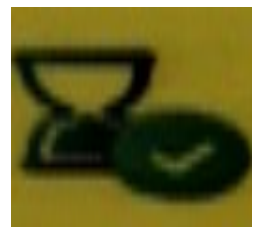
You now need to insert 1 glycerol 4g suppository. See instructions in the packet.

5. **2 hours after the 3rd booster. You may now eat a light meal.**

Time: _____

This image is similar to that shown on screen when the capsule has left the body.
This is now the “end of the procedure”.

When the capsule leaves the body or if the battery runs out on the monitor, the



procedure is complete. You may now carefully remove the equipment. Please return it to the Endoscopy Department.

Instructions to follow for Gastrografin allergy, hypothyroid or asthma

Alert Number Instruction Guide

If having the capsule endoscopy for views of the large bowel only

When the monitor beeps and vibrates:

Check the number alert as shown on the monitor. Follow the instructions as per the guide below.

Alert Number 0: This means you must continue to fast (no additional drinking) until the next alert.

Alert Number 1: This means you need to take the 1st booster.

- Dilute 30ml of Phospho soda into a 250ml glass of water. Drink it.
- Then you must drink at least 1 litre of water, lemon or orange squash over the next hour.
- You may then continue to drink clear fluid freely.

Alert Number 2: This means you need to take the 2nd booster.

- Dilute 25ml of Phospho soda into a 250ml glass of water. Drink it.
- Then you must drink at least 1 litre of water, lemon or orange squash over the next hour.
- You may then continue to drink clear fluid freely.

Alert Number 3: If this alert sounds before the capsule has passed from your body, then you need to insert 1 Glycerol 4g suppository. See the instruction in the packet.

Alert Number 4: You may now eat a light meal because you have not eaten in over 24 hours. Too much food at once can make you feel unwell.

Instructions to follow for Gastrografin allergy, hypothyroid or asthma

Time specific guide

If having the capsule endoscopy for views of both the small and large bowel

The monitor will still beep with the alerts. The capsule will be programmed to skip these alerts. Your medical team want to see different views of the bowel. Please be aware the sound of the monitor alerts are loud. This program is based on **timings** and **not** the alerts.

On the day, the nurse will fill out the times of the stages below. Please follow the instructions at home.

1. **Time capsule swallowed:** _ _ _ _ _

2. **1st booster to be taken 90 minutes after swallowing the capsule.**

Time _ _ _ _ _

- Dilute 30 ml of Phospho soda into a 250ml glass of water. Drink this.
- Then you must drink at least 1 litre of water, lemon or orange squash over the next hour.
- You may then continue to drink clear fluid freely.

3. **2nd booster to be taken 3 hours after the 1st booster. Time** _ _ _ _ _

- Dilute 25ml of Phospho soda into a 250ml glass of water. Drink this
- Then you must drink at least 1 litre of water, lemon or orange squash over the next hour.
- You may then continue to drink clear fluid freely.

4. **3rd booster to be inserted 2 hours after the 2nd booster. Time** _ _ _ _

- You now need to insert 1 Glycerol 4g suppository. See instructions in packet.

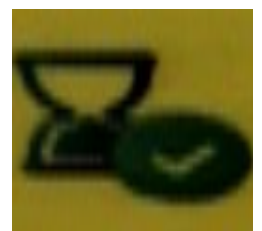
5. **2 hours after the 3rd booster. You may now eat a light meal. Time** _ _ _ _ _

When can I remove the belt and equipment?

When the capsule leaves the body “end of procedure” appears on the monitor.

This image is similar to that shown on screen when the capsule has left the body.

Please carefully remove all the equipment. Put into a carrier bag to bring back to the Endoscopy Department.



If the capsule has not passed from your body do not worry, this can happen.

Please call the department after 4.30pm if you have not passed the capsule. You may still be asked to come back into hospital the same day.

Where do I return the equipment?

Return all equipment to Endoscopy Department, Level 2, Windsor Building, Leicester Royal Infirmary, LE1 5WW by **5.30pm** on the same day as the procedure.

Is there anything I should look out for after the test?

Important warning: if you start to

- feel sick
- have tummy (abdominal) pain or
- are being sick

please contact the Endoscopy Department for advice.

Contact details

If you have any questions or concerns please contact the Endoscopy Department at Leicester Royal Infirmary on 0116 258 6997 or 0116 258 6995 (Monday to Sunday, 8am to 6pm).

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk