



## **Examination Information**

### **Capsule Endoscopy**

#### **Introduction**

Capsule Endoscopy is a procedure involves swallowing a small capsule that is able to transmit the images from the digestive tract wirelessly. The size of capsule is similar to a large pill and it contains a wireless camera. The capsule travels along the oesophagus, stomach, small bowel, and colon. There are two types of capsule available: small bowel capsule and colon capsule. This procedure is useful in diagnosing gastrointestinal conditions such as obscure gastrointestinal bleeding, inflammatory bowel disease, small-bowel polyps and neoplasia. Usually, the capsule will pass out of the body during bowel elimination within 8 hours after the procedure.

#### **Contraindications**

- Swallowing disorders
- Small bowel stenosis/ obstruction
- Patient with a pacemaker or any cardiac device
- Pregnancy

#### **Outcomes**

The expected outcome of this procedure depends on different indications. It helps the doctor make a diagnosis of digestive tract disease, especially small bowel pathology.

Some potential advantages over traditional endoscopy may include:

- The capsule is easily swallowed
- Painless and sedation free during the procedure
- Exposure to potentially harmful radiation does not occur
- Low risk of perforation and bleeding

#### **Procedures**

1. A belt with radio sensors is placed around your waist and the data recorder is attached;
2. Swallow the capsule with a mouthful of water;
3. Nurses will check the position of the capsule from time to time after you have swallowed the capsule;
4. You may receive medication according to the doctor's prescription to speed up the capsule endoscope passage;
5. After about 4 hours, you may resume diet upon the nurse's instruction;
6. You may resume daily activities upon nurse's instruction and return to the Endoscopy and Day Surgery Centre as scheduled;
7. Please check the blinking blue light every 15 minutes to ensure that it is blinking twice per second;
8. Please avoid strong magnetic fields, sudden movement and banging of the data recorder, or disconnecting the equipment at any time during the procedure. These actions can affect the data collection.

## **Possible Risks and Complications**

1. Retention of capsule (rare).

\*\* The risks listed above are in general terms and the possibility of complications is not exhaustive. Please understand that even though all examinations are carried out with utmost professionalism and care, this does not rule out the possibility of complications.

## **Pre-examination Preparations**

1. The procedures and possible complications will be explained by the doctor and a consent form must be signed prior to the procedure.
2. Please inform the doctor and nurse all your past medical history, previous surgical operations and any complication with drug.
3. Please stop taking iron tablets seven days before the procedure.
4. No food or drink six hours before the procedure.
5. An absolute clean colon is required.
6. Ensure that you need to follow the dietary instructions by nurse carefully according to the prescribed bowel preparation procedure.
7. Do not apply body lotion or powder on your chest; shave body hair on the chest, if any.
8. Do not apply lipstick or lip gloss which may affect the quality of imaging.
9. Wear loose fitting and preferably two-piece body clothing.
10. Arrive at the Endoscopy and Day Surgery Centre at the scheduled time.

## **Post-examination Instructions**

1. You should avoid any powerful electromagnetic fields particularly MRI scans until the capsule has excreted.
2. If you develop unexplained nausea, abdominal pain or vomiting during the examination, please contact the doctor or nurse.
3. Capsule Endoscopy will be completed when the capsule is passed out from the body.
4. Please return to the Endoscopy and Day Surgery Centre as scheduled. The nurse will then take off the equipment and download the data.
5. A normal activities and diet can be resumed two hours after removing the sensor belt and data recorder.

## **Advice on Discharge**

1. Immediately consult your doctor or return to the hospital for professional attention in the event of trouble swallowing, increasing chest or abdominal pain, vomiting, shivering, high fever over 38°C or 100.4°F, or any other unusual symptoms etc.
2. Any follow-up consultations should be attended as scheduled.

Should there be any enquiries or concerns, please consult the attending doctor.

Under the professional care of the doctor, you will gradually recover. We wish you all the best during your treatment and recovery.

If you have any questions after reading the entire leaflet, please write them down in the spaces provided in order for the doctor to further follow-up.

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Compiled by Union Hospital Operating Theatre (OT) Governance Committee

The above information is for reference only, please enquire your physician for details  
Our Hospital reserves the RIGHT to amend any information in this leaflet without prior notification

