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PATIENT INFORMATION ON CAPSULE ENDOSCOPY

What is Capsule Endoscopy?

Capsule endoscopy is a new technology which painlessly examines the small intestine/bowel. It is often used in patients with unexplained iron deficiency (cause not found with gastroscopy or colonoscopy) to determine if there is any bleeding in the small intestine.

The test involves swallowing a capsule (about the size a large vitamin pill) that takes multiple digital images of the small intestine. The small intestine is about 6 metres long, and the capsule can take about 8 hours to travel through it. During this time, images are transmitted to a data recorder which is placed around your waist. The capsule does *not* need to be retrieved as it is passed (usually unnoticed) into your stools.

Capsule Endoscopy is a day procedure. No sedation or anaesthetic is required. You will need to observe some dietary restriction the day prior, and also to take some bowel preparation (see instructions below).

You will need to attend the GastroNorth rooms in the morning for about half an hour (8am-8.30am) where the data recorder is attached, and you will be given the capsule to swallow. You may then leave the rooms and return late afternoon (4.00 – 4.30 pm) to return the attached equipment. Subsequently, the recorded digital images are downloaded to a computer and examined by the doctor the following day.

Are there any risks?

There is a small risk that the capsule could become stuck in the small bowel. This is uncommon. The estimated risk is less than 1 in 200. Surgery may be required to remove a retained (stuck) capsule. An x-ray may be requested after the test if the capsule is not seen to enter the large bowel on the recorded images. On rare occasions technical problems or capsule retention in the stomach may mean a repeat procedure needs to be performed.

How much will it cost?

No out of pocket fees apply. However, it is a Medicare requirement that you have had a gastroscopy *and* colonoscopy in the 6 months before the Capsule Endoscopy to receive the government funding.

Results

Your Gastroenterologist will contact you by phone within 3 days of the test. Please contact GastroNorth on 9473-8865 if contact has not made.



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INSTRUCTIONS FOR CAPSULE ENDOSCOPY

You will need to obtain one sachet of Glycoprep-C from **GastroNorth** or your pharmacist. A prescription is not required.

ON THE DAY BEFORE THE EXAMINATION

You should consume only approved clear fluids after 12.00 midday. Approved clear fluids include: Water, Clear fruit juices (e.g. Apple), lemonade, cordial or jelly, clear broth/soup permitted. **AVOID red or purple coloured liquids.**

AT 7.00PM – Mix the sachet of Glycoprep-C in one litre of water and stir until dissolved. Drink half the volume (approximately two glasses) of the mixture slowly over 30 minutes. This should be followed by a glass of water. Have at least 1 glass of water per hour until 10.00pm. The Glycoprep-C may cause loose bowel actions. The remaining mixture can be discarded.

IMPORTANT: You will need to fast from midnight. Have nothing to eat or drink after midnight. Take any regular morning medications at 6am with water. If you take diabetic medications please discuss this with your doctor BEFORE undertaking this process.

ON THE DAY OF THE EXAMINATION

Remain fasting. **You will be required to attend at 8.15am on _____ at the Gastro North Office:**

GastroNorth Office
Suite 1, La Trobe University Medical Centre
Cnr Kingsbury Dve & Plenty Rd, Bundoora.
Ph: 9473-8865

PLEASE NOTE: You will be allowed to leave the hospital after swallowing the capsule (about 8.30am). **You should have a glass of water hourly for 4 hours, and then may have a light meal. You will need to return to the hospital at 4 pm for the equipment to be removed.**