

# Capsule Endoscopy

## What Is Capsule Endoscopy?

Capsule endoscopy is a non-invasive procedure that allows your consultant to examine the lining of your small intestine. By swallowing a small, pill-sized capsule equipped with a tiny camera, images are captured as it travels through your digestive tract. This innovative approach helps in diagnosing various gastrointestinal conditions without the need for traditional endoscopy.

## Why Might You Need Capsule Endoscopy?

Your consultant may recommend capsule endoscopy if you experience symptoms such as:

- Unexplained gastrointestinal bleeding
- Persistent abdominal pain
- Unexplained iron deficiency anaemia
- Suspected Crohn's disease
- Coeliac disease
- Small bowel tumours or polyps

This procedure is particularly useful for visualising areas of the small intestine that are difficult to reach with traditional endoscopy.

## How To Prepare For The Procedure

Proper preparation is crucial for obtaining clear images. Here's how you can prepare:

- **Dietary restrictions:** On the day before the procedure, consume a clear liquid diet after lunch. Avoid red or purple drinks, milk, and alcohol
- **Fasting:** Do not eat or drink anything from 10pm on the evening before the procedure

- **Medications:** Take your usual medications up until two hours before the test with a sip of water. If you have diabetes or other concerns, consult the endoscopy department
- **Clothing:** Wear loose-fitting, two-piece clothing to accommodate the sensor belt and data recorder

## What To Expect During Capsule Endoscopy

On the day of the procedure:

- **Arrival:** Arrive at the endoscopy unit at the scheduled time
- **Preparation:** A sensor belt will be applied to your abdomen and connected to a data recorder
- **Swallowing the capsule:** You will be asked to swallow the capsule with a small amount of water
- **Post-ingestion:** After swallowing the capsule, avoid eating or drinking for at least two hours. After four hours, you may have a light snack

The capsule will naturally pass through your digestive system, taking images that are transmitted to the data recorder.

## After The Procedure

- **Diet:** You can return to your normal diet after the examination is complete
- **Activity:** Avoid strenuous activities and treat the recorder with care during the recording period
- **Monitoring:** Check your bowel movements to confirm the capsule has passed. If you haven't seen the capsule pass after two weeks, contact your healthcare provider

## Benefits Of Capsule Endoscopy

- **Non-invasive:** No need for tubes or instruments to be inserted into your body

- **Painless:** The procedure is generally comfortable and well-tolerated
- **Detailed imaging:** Provides high-resolution images of the small intestine
- **Minimal disruption:** Allows you to continue most normal activities during the procedure

## Potential Risks

Capsule endoscopy is generally safe, but there are some risks to be aware of:

- **Capsule retention:** In rare cases, the capsule may get stuck due to a narrowing in the bowel. This occurs in approximately 1% of cases
- **Incomplete procedure:** Occasionally, the procedure may need to be repeated if the images are not clear

If you experience severe abdominal pain, nausea, or vomiting after the procedure, contact your healthcare provider immediately.

## Why Choose The Midlands Bowel Clinic?

- **Expertise:** Our consultants are highly experienced in performing capsule endoscopy and interpreting the results
- **Patient-centered care:** We prioritize your comfort and ensure you are well-informed throughout the process
- **Advanced technology:** We use state-of-the-art equipment to provide accurate diagnoses

## Contact Us

If you're experiencing unexplained gastrointestinal symptoms, don't hesitate to reach out to us. Early diagnosis can lead to more effective treatment.