

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.