



Capsule Endoscopy Information and Consent form

What is Capsule Endoscopy?

Capsule Endoscopy is a non-invasive method of examining the small bowel, evaluating areas that cannot be reached on standard Gastroscopy and Colonoscopy. The capsule contains a tiny camera that takes pictures of your small bowel as it moves through. The capsule transmits the pictures wirelessly to a Data Recorder that you will wear near your waist. The procedure will take approximately 8 hours, during which you can go about your normal activity.

Why am I having a Capsule Endoscopy?

Capsule Endoscopy is indicated because despite having a Gastroscopy and Colonoscopy you have:

- Unexplained iron deficiency and/or anaemia (low blood count), thought to be due to chronic occult blood loss from the bowel.
- Persistent overt bleeding from the bowel
- Capsule Endoscopy is also indicated for cancer surveillance in patients with Peutz-Jeghers Syndrome (a genetic condition predisposing to tumours of the digestive system).

Preparation (See attached Forms for more detailed Instruction)

On the day before the procedure, you will start a **clear liquid only diet after a normal lunch**. At 7pm, you will take a dose of **Picoprep** to help clear your gut.

You need to **fast (nothing to eat or drink) from midnight** before your Capsule Endoscopy, although you may take your regular medications with a sip of water.

What to Expect – Arrive at my Office at 7.45am on the day of your appointment

A sensor belt will be strapped around your waist on the outside of your clothing. You will also wear the data recorder in a sling pouch. You will swallow the capsule with a glass of water to assist.

You may then go about your normal activity for the day, apart from the following exceptions:

- **Avoid strong electromagnetic fields** such as MRI devices, TV or radio transmitters. Shopping centre and airport sensors are safe but you may trigger their security alarms.
- **Avoid rough activity, heavy sun or water exposure** that may damage the sensor belt and Data Recorder

You may drink colourless liquids starting 10am after swallowing the Capsule. You may have a light snack after 12pm.

Return to my Office at 4pm to have the Sensor Belt and Data Recorder removed. The Data will be downloaded. A report will be available within 7 working days

You do not need to retrieve the capsule.



Are There Any Risks?

Capsule Endoscopy is very safe. Less than 1 in 100 patients have difficulty swallowing the capsule. Less than 1 in 100 patients retain the capsule in the bowel. This is usually caused by unexpected narrowing in the bowel or other unusual anatomy.

Abdominal pain and nausea are extremely rare, but should be reported. If the capsule is retained inside the bowel, it is not usually dangerous in the short term, but open surgery may be needed to remove it. Approximately 1 in 10 patients have slow transit ("lazy bowel") and the capsule may not be seen to reach the large bowel on the recording. In this setting, an Xray can check if the capsule has passed out of your body 2-weeks after the procedure.

Consent:

1. Do you understand what is being done, and why? YES/NO
2. Do you understand the risks associated with this procedure? YES/NO
3. If you are female, is there any possibility that you could be pregnant? YES/NO

Patient Signature

Date:

Dr Ben Allen

Date:

