



## Procedure Information – Capsule Endoscopy

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Name: Sex/Age:  
Doc. No.: Adm. Date:  
Attn. Dr.:  
Patient No.: PN

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*Please fill in /  
affix patient's label*

### Introduction

1. Small bowel is a very long organ and it was difficult to investigate small bowel diseases. Nowadays with the development of capsule endoscopy (CE), it provides a very effective way in tackling the problem.
2. CE is a new invention that with the size of a big tablet. There are micro-camera, data transmitter and battery inside the capsule. After patient has swallowed the capsule, it will follow peristalsis of the bowel to enter into the small bowel and take around 65000 pictures inside the small bowel. The image will be transmitted to a data recorder outside patient body. Therefore, patient could have the small bowel examination in a painless way. Doctor could analysis the pictures in the computer and an accurate diagnosis of the small bowel condition could be made.
3. With the advance of CE, it has extended the applications to oesophageal and colonic diseases. It may help to reduce some invasive endoscopic examination.

### Indications

- Small bowel CE is indicated for patients with:
  - Occult or obscure gastrointestinal bleeding
  - Unexplained iron deficiency anaemia
  - Suspected or to follow up for Crohn's disease (one of the inflammatory bowel diseases)
  - Suspected small bowel tumour and polyp diseases
- Esophageal CE is indicated for patients with:
  - Suspected oesophageal varices (as a complication of liver cirrhosis)
  - Suspected or to follow up esophagitis and Barrett's esophagus (pre-malignant condition) in patients with gastroesophageal reflux disease.
- Colonic CE is indicated for patients with:
  - Suspected colonic cancer and polyps diseases
  - Suspected inflammatory bowel disease
  - Prior failed colonoscopy examination
  - As a screening method for colorectal cancer disease

### The Procedure

1. Before the examination, nurse would place several data receiver patches on patient's body and a data recorder on patient's waist.
2. And then patient would be given a capsule endoscopy to swallow. It starts the examination.
3. Nurse would check the location of the capsule by real time monitor to make sure that the capsule has passed to the stomach.
4. Half hour later, nurse would check again the location of the capsule by the real time monitor to make sure that the capsule has passed to the small bowel. If the capsule is already in the small bowel, the patient could leave the endoscopy Centre.
5. Keep fasting within 2 hours of swallow the capsule. 2 hours later, patient could resume drinking colorless fluid.
6. After 4 hours, patient could resume on light diet.
7. During the examination period, patient should record proper function of the capsule by checking the green/ blue flashing light on the data recording machine. If it has stopped prematurely, patient should inform ward nurse or the endoscopy Centre nurse.
8. The examination time for small bowel capsule endoscopy is around 9 hours and for esophageal capsule endoscopy study, it will only take 30 mins.



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### Risks and Complications

Capsule endoscopy examination is a very safe procedure. Patient would not have any feeling during the procedure. In small number of patients with stricture in the bowel, the capsule may not be able to pass through and results in capsule retention. The capsule may need to be retrieved by small bowel endoscopy or surgery.

### Before the procedure

- Your doctor will explain to you the reason, procedure and possible complications. You will need to sign a consent form.
- Before small bowel CE examination, patient should only have a light dinner and stop further food intake after 8 pm the night before the examination. Patient should follow the instruction by the doctor to drink 2 litres of bowel cleaning agent to clear off food residue in the small bowel. If patient is using Rifampicin, Pyridium or Ferrous Sulfate, it should be stopped 7 days before the examination.
- Before colon CE examination, patient should use low fibre diet (i.e. no grain, nuts) three days before the examination. Patient should only have a light dinner and stop further food intake after 8pm the night before the examination. Patient should follow the instruction drink 2-4 litres of bowel cleaning agent to clear off feces from the colon. Only clear fluid is allowed on the day of examination.
- For esophageal capsule endoscopy examination, patient just needs to be fasted for 6 hours before the examination.
- The patient should inform the medical staff any major medical problems and continue the medications as instructed.

### After the procedure

- Normal diet can be resumed after remove the sensor belt and data recorder.
- Before capsule being excreted from the body, patients should not be close to strong magnetic field, such as magnetic resonance imaging machine or any amateur radio transmitter.

### Remarks

This is general information only and the list of complications is not exhaustive. Other unforeseen complications may occasionally occur. In special patient groups, the actual risk may be different. Should a complication occur, another life-saving procedure or treatment may be required immediately. For further information please contact your doctor.

### Reference

Hospital Authority – Smart Patient Website

I acknowledge that the above information concerning my operation/procedure has been explained to me by Dr. \_\_\_\_\_. I have also been given the opportunity to ask questions and receive adequate explanations concerning my condition and the doctor's treatment plan.

\_\_\_\_\_  
Patient / Relative Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Relationship (if any)

\_\_\_\_\_  
Date