

During the procedure

You have just swallowed a capsule endoscope and this section aims to give you information and advice on how to proceed while having this test. Please call 01206 742519 or 01206 742083 if you develop any severe abdominal pain, chest pain, nausea, vomiting, any difficulty in swallowing or if you have any concerns or questions and ask to speak to:

Name: _____

Recommendations

You may drink clear liquids from _____

and have a light lunch at _____

- observe the LED light on the data recorder throughout the day, making sure the green light stays green. If it changes to orange check your leads (9 in total). If they are all ok drink, it may be that the capsule needs to be flushed through. If orange does not change to green after half an hour contact endoscopy unit and ask for: _____
- be sure all leads are attached
- do not attempt to remove or disconnect leads and recorder at any time throughout procedure, unless advised to do so
- avoid going near MRI machines and radio transmitters. You may use a computer, radio, stereo and cell phone.
- do not stand next to another patient undergoing capsule endoscopy
- do not exercise. Avoid heavy lifting, you may sit or lay down. You can drive your car. You may return to work, if work allows avoiding unsuitable environment and /or physical movements.
- treat the data recorder carefully. Please avoid sudden movements and impacts on the recorder.

Return to the endoscopy department at _____

After the procedure

You have just had a capsule endoscopy. This section contains information on what to expect over the next couple of days. Please call the endoscopy unit on 01206 742519 or 01206 742083 if you develop severe or persistent abdominal or chest pain, difficulty swallowing, or if you have any questions relating to the procedure. Ask for:

Name: _____

Recommendations

- **Pain** – abdominal pain is uncommon following capsule endoscopy. Should you feel a sharp or persistent pain, please call us
- **Nausea** – nausea is also very uncommon, so please notify us if it occurs
- **Diet** – you may return to your normal diet
- **Activities** – you may resume normal activities
- **Medication** – you may resume all your regular medications immediately. Do not make up lost doses. Just begin with your normal next dose
- **The capsule** – this will most likely pass naturally in your bowel motions within the next couple of days. You will probably be unaware of this. You do not need to retrieve the capsule and it can be safely flushed down the toilet. Occasionally, the light from the capsule could still be flashing when it passes. Should you have any concerns that you may not have passed the capsule within two weeks, please contact 01206 745210
- **Results** – these tests are quite lengthy to be reviewed and reported on and can sometimes take a few weeks to be completed. You will be given the results at your next outpatient appointment with the clinician who referred you for this test.

Verifying your identity

When you attend hospital you will be asked to confirm your first and last names, date of birth, postcode and NHS number if you know it, and to let us know if you have any allergies.

Comments, compliments or complaints about your care

It is sensible to raise any concerns straight away in the ward or department you are in. Ask to speak with the ward sister, matron or department manager, as appropriate.

If your concerns cannot be resolved or you wish to make a formal complaint, please call PALS (Patient Advice and Liaison Service) on freephone 0800 783 7328, pick up a PALS leaflet or visit www.colchesterhospital.nhs.uk/pals.

Your views

If you or a family member has recently been in Colchester General Hospital, you can tell us about your experience by searching for 'Colchester' on the NHS Choices website (www.nhs.uk), by writing to the address on the front of this leaflet, by emailing your comments to info@colchesterhospital.nhs.uk or by filling in a 'Friends & Family' questionnaire at the hospital, telling us if you would recommend our service to a friend or family member.

Having a capsule endoscopy

Elmstead Day Unit
Colchester General Hospital
Turner Road
Colchester
CO4 5JL

Tel: 01206 742519

Please ask if you require this leaflet in an alternative format

Leaflet number	1690n
Created	July 2016
Reviewed	
Next review	July 2018