



# Dr Allen Lim

MBBS (Honours), FRACP

Gastroenterologist & Hepatologist

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[www.gastrojfh.com.au](http://www.gastrojfh.com.au)

## CAPSULE ENDOSCOPY

### PLEASE READ AND SIGN THE 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 naturally passes through your body, after you swallow it. 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 (with certain exceptions – see below).

#### Why am I having a Capsule Endoscopy?

Capsule Endoscopy is indicated because despite having a Gastroscopy and Colonoscopy, you have one of the following:

- 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 7.30am 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. The water will contain Infacol (Simethicone) which prevents “bubbles” that may interfere with the camera views.
- 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 3 working days
- You do not need to retrieve the capsule.



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## 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 and should be reported immediately. 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.

## CAPSULE ENDOSCOPY 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?  
(it is important that you inform the doctor accordingly) YES/NO

I have read and fully understand the information provided in this form on Capsule Endoscopy. I give my consent to Dr Allen Lim to perform the procedure.

**Patient Signature**

**Witness Signature**

**Dr Allen Lim**

Name:

Name:

Date:

Date:

Date:

**PLEASE COMPLETE AND BRING WITH YOU ON THE DAY OF YOUR PROCEDURE**



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## Patient Instructions for Capsule Endoscopy

Patient: \_\_\_\_\_

Examination Date: 7.30am (Qld time) \_\_\_\_\_

To ensure the best results for your Capsule endoscopy of the small bowel, please follow your doctor's instructions carefully and completely.

### Day Before Capsule Endoscopy

1. **Have a lunch as usual. After 1pm you can only have a clear fluid diet** i.e. any fluid you can see through. (Black tea/ coffee, green/ yellow jelly, clear broth soups, 'Bonox', lemonade, clear apple & pear juice, water, wine & beer (in moderation), lemon cordials and leucozade, etc).
2. A **7pm**, dissolve **one sachet of PICOPREP** in half glass of water and drink slowly over 10-15minutes. Drink another glass of fluid straight after this to wash PICOPREP down. **Continue with clear fluid diet.**
3. **Do not eat or drink** except for necessary medication with a sip of water **from midnight**, before your capsule endoscopy.

### Day of Capsule Endoscopy

1. **Do not take any medication** 2 hours before having the exam.
2. **Do not apply body lotion or powder to your abdomen.**
3. **Wear loose fitting, two-piece clothing** of cotton or wool.
4. **Arrive for your appointment at 7.30am (Qld time)**

### After Swallowing the Pillcam SB Capsule

*The capsule endoscopy procedure will last approximately 8-9 hours. Contact our office immediately if you suffer from any abdominal pain, nausea or vomiting during the procedure.*

1. **You may drink colourless liquids after 10am.**
2. **You may have a light snack after 12pm.** When the examination is completed, you may return to your normal diet.
3. **Check the green flashing Data Recorder light every 15 minutes** to be sure it is blinking twice per second. If it stops blinking or changes colour, note the time and contact our office.
4. **Use the supplied Capsule Endoscopy Event Form, to note the time of any unexpected event** e.g. abdominal pain, nausea, vomiting etc. Return the completed *Event Form* to us at the time you return the equipment.
5. **Avoid strong electromagnetic fields** such as MRI devices or ham radios after swallowing the capsule and until you pass it in a bowel movement.
6. **Do not disconnect the equipment or completely remove the DataRecorder** at any time during the procedure.
7. **Treat the DataRecorder carefully.** Avoid sudden movements and banging of the Data Recorder.
8. **Avoid direct exposure to bright sunlight.**



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## After Completing SB Capsule Endoscopy

Return to our office at the scheduled time to have the equipment removed.

**Or:** If instructed to remove the equipment at the end of the capsule endoscopy procedure, do the following:

1. Remove the SensorArray Belt from your abdomen by undoing the Velcro tab on either side of the belt.
  2. Do not pull the SensorArray wires or leads!
  3. Take off the DataRecorder and keep the equipment in a safe place.
  4. Return all the equipment to our office as soon as possible. Handle the DataRecorder and other equipment carefully without exposing them to shock, vibration or direct sunlight.
- ***If you are not sure that the Capsule has passed out of your body and you develop unexplained nausea, abdominal pain or vomiting, contact our office for evaluation.***
- ***Undergoing an MRI while the Pillcam Capsule is inside your body may result in damage to your intestinal tract or abdominal cavity. If you are not certain the capsule is out of your body, contact your doctor for evaluation and possible abdominal X-Ray before undergoing an MRI examination.***

## Capsule Endoscopy Event Form

<b>Patient Name:</b>		<b>ID No:</b>
<b>Time</b>	<b>Event (eating, drinking, activity and unusual sensations)</b>	
	PillCam capsule ingestion	
<b>Time to return to facility:</b>	<b>Special Instructions:</b>	

## Useful Phone Numbers in case of Emergency:

Dr Allen Lim 07-55980574

### Private Hospitals

John Flynn Private Hospital 07-55989000  
Pindara Private Hospital 07-5588 9888

### Public Hospitals

Tweed Hospital 07-55361133  
Robina Hospital 07-5668 6000  
Gold Coast Hospital 07-5519 8211