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This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find this pamphlet and all our patient resources here:  
<https://library.nshealth.ca/Patients-Guides>

Connect with a registered nurse in Nova Scotia any time:  
Call 811 or visit: <https://811.novascotia.ca>

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# Capsule Endoscopy

## VG Site

My specialist: \_\_\_\_\_

Phone: \_\_\_\_\_

**Please read all of this pamphlet as soon as possible.**

- › If you are not sure if you have passed the capsule, see your specialist or your primary health care provider. They can order an X-ray to check.
- Your specialist will contact you about the results of your test. This may take 2 to 3 weeks.

**Call your specialist or your primary health care provider right away if you have any of these symptoms after the test:**

- › Unusual bloating
- › Stomach pain
- › Nausea (feeling sick to your stomach)
- › Vomiting (throwing up)
- › Fever (temperature above 38 °C or 100.4 °F)
- › Trouble swallowing
- › Chest pain

**If you cannot reach them, go to the nearest Emergency Department right away.**

While wearing the recording device:

- Do not get it wet.
- Do not lift anything heavy (over 10 pounds) or exercise.
- Be careful not to disconnect the device. If this happens, pictures could be lost.
- 2 hours after swallowing the capsule, you may have clear fluids and take your usual medications.
- 4 hours after swallowing the capsule, you may have a light lunch (like soup and a sandwich).
- After 8 hours, return to the Endoscopy Clinic on the 9<sup>th</sup> floor of the Victoria Building.

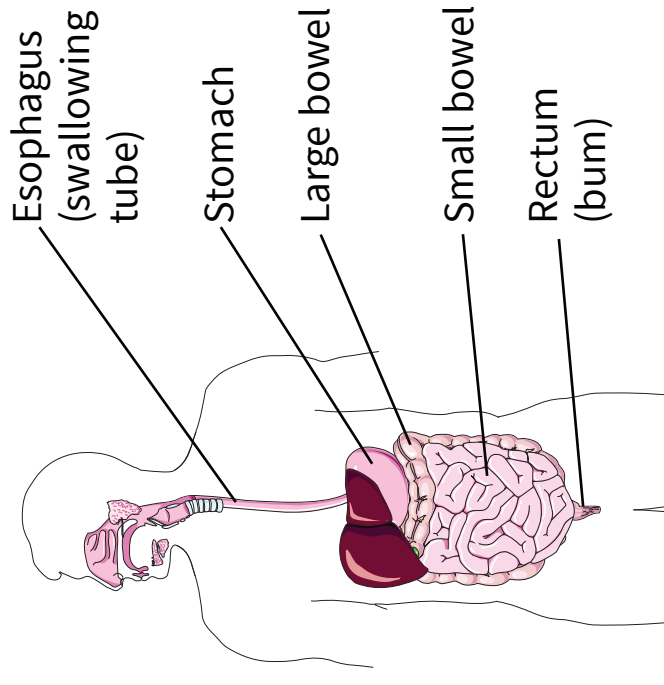
**What will happen after the test?**

- Do not have any red, purple, or green liquids (including Jell-O®) for the rest of the day.
- The capsule will pass through your bowels (poop). It is OK to flush it down the toilet.
- Do not have an MRI or go through airport security until you know that you have passed the capsule. You will know this by either seeing the capsule in the toilet or by having an X-ray.

# Capsule Endoscopy

**What is a capsule endoscopy?**

- This is a test to look at your small intestine. The small intestine is part of your gastrointestinal (GI) tract.
- This test may also be called a capsule enteroscopy, or a wireless capsule endoscopy.



- This test is done using a capsule that has a small camera and a light inside.
- You will swallow the capsule. The camera will take pictures as it passes through your GI tract.

- The pictures from the camera are sent to a small recording device. You will wear this device on your body on the day of the test.
- An endocapsule gastroenterologist (GI doctor) will look at these pictures. They will send a report to your specialist and to your primary health care provider (family doctor or nurse practitioner).

### **Why do I need this test?**

- The most common reason to have this test is to find the cause of bleeding in the small intestine.
- You may also have this test to check for:
  - › Polyps (small pieces of tissue that can form on, or in, an organ in your body)
  - › Inflammatory bowel disease (like Crohn’s disease)
  - › Ulcers
  - › Tumours
  - › The cause of low iron, stomach pain, or diarrhea (loose, watery poop)

### **Where do I go for my test?**

**You must register at the kiosk on the main floor of either the Dickson Building (main entrance) or the Centennial Building (main entrance).**

- Then go to the 9<sup>th</sup> floor of the Victoria Building at the Victoria General (VG) site. Check in at the registration desk.
- Be sure that you have enough time to park before your appointment. Parking is at the VG site is limited.

### **How is the test done?**

- A nurse will explain the test to you and answer any questions you have.
- They will give you the capsule to swallow.
- The camera will take pictures as it passes through your GI tract.
- You will be connected to a device that records the pictures. The device has a Velcro® belt to wear around your waist and a small pack to wear over your shoulder.
- You will get an instruction sheet.
- You can leave the hospital and go back to your regular activities.

- Your specialist may tell you to drink 1 packet of PICO-SALAX® mixed into 1 cup of water instead of a bowel prep liquid. **Please follow your specialist's bowel prep instructions.**

### **The day of your test**

**It is very important to follow these instructions:**

- **Your stomach must be empty.**
- You will swallow the capsule for the test between 7 a.m. and 8 a.m.
- If you take medication for your heart, blood pressure, breathing, or seizures, you can take it either:
  - › **2 hours before the test (at 5 a.m.)**
  - OR**
  - › **2 hours after the test (at 10 a.m.)**
- Please talk with your specialist or your primary health care provider if you have any questions.

- Wear loose, comfortable clothing.

- **Bring a list of all your medications** (including prescription and over-the-counter medications, inhalers, creams, eye drops, patches, herbal medications, vitamins, and supplements) with you to the hospital.

- **Do not use scented products.**  
Nova Scotia Health is scent-free.

### **What are the risks of this test?**

Your doctor will talk with you about the risks before your test.

#### **Possible risks include:**

- The capsule may get stuck or not pass through your GI tract. This is rare (less than 10 chances in 1000).
  - › If this happens, you may need surgery to remove the capsule.
- The camera may cause a tear in your GI tract. This is very rare.

#### **You should not have this test if:**

- › You have an intestinal obstruction (blockage), stricture (narrowing), or fistula (hole). Ask your primary health care provider (family doctor or nurse practitioner) if you are not sure.
- › You are pregnant.
- › You have trouble swallowing.

**If you have any of the above, call 902-473-2700 and ask to be connected to the GI doctor's office at least 72 hours (3 days) before your test. Your test will be cancelled until the GI doctor talks with your specialist.**

## How do I get ready for this test?

- If you have trouble swallowing, ask your specialist or your primary health care provider if you can do this test safely.
- Ask your specialist or your primary health care provider if it is OK to stop taking your usual medications on the day of the test, until 10 a.m.

**If you need to cancel your test, please call your specialist and the GI doctor's office at least 3 days (72 hours) before your test is scheduled. This will give us time to book another patient.**

**My specialist:** \_\_\_\_\_

› **Phone:** \_\_\_\_\_

**My GI doctor's office:** \_\_\_\_\_

› **Phone: 902-473-3721**

## 7 days (1 week) before your test:

- If you take iron supplements, stop taking them.
  - › It is OK to keep taking multivitamins that have iron in them.

## The day before your test

- **Drink only clear fluids from noon until 9 p.m.**  
**Clear fluids include:**
    - › Water › Clear or light-coloured soda (not cola)
    - › Clear juice (like apple juice) › Coffee or tea
    - › Sports drinks (like Gatorade® or Powerade®) › **(without milk or cream)**
    - › Clear soup broth › Popsicles®
    - › Jell-O®
  - **Do not have any fluids that are red, purple, or green.**
  - **Do not have milk, creamer, or dairy products.**
  - **Do not eat or drink from 9 p.m. until your test the next morning.**
    - › If you take medications in the evening, you can take them with 1 to 2 cups (250 to 500 ml) of water.
  - **Start drinking your bowel prep liquid at 5 p.m. on the day before your test.** The bowel prep liquid cleans your GI tract so the camera can take clear pictures.
  - You must drink 2 L of bowel prep liquid, like:
    - › GolyteLyte® › CoLyte®
    - › Klean-Prep®
- You can buy it at a drugstore or a pharmacy.