

Discharge Advice for colon Capsule Endoscopy

Endoscopy Department Patient information

Patient Name: _____

Today (date): ____ / ____ / ____ you have had a colon capsule endoscopy procedure.

You can drink water from now and clear fluids from: _____ food from: _____

Once at home, you will be required to take some **boosters to help the capsule move along the bowel**.

First booster

If you haven't passed the capsule two hours after you swallowed it, you will need your first booster, which consists of adding 50ml of Gastrografin and 30ml of Fleet Phosphate Sodium to 1 litre of water and drinking it over an hour.

50ml Gastrografin 30ml Phosphate Sodium



Second booster

If you haven't passed the capsule three hours after your first booster, you will need your second booster, which consists of adding 50ml of Gastrografin and 15ml of Fleet Phosphate Sodium to half a litre of water and drinking it over an hour.

50ml Gastrografin 15ml Phosphate Sodium



Third booster

If you haven't passed the capsule two hours after your second booster, you will need a third booster, which consists in giving yourself a Bisacodyl suppository.

10mg Bisacodyl suppository



Diet:

you can drink **water only for the first two hours** and then you can have black tea and black coffee until you have your second booster. Chewing gum is strongly recommended after you swallow the capsule, as this stimulates bowel movements. Eating and drinking is allowed after you've had your second booster.

Exercise:

please remain active for the rest of the day. Sleeping and sitting down for long periods of time may compromise the success of your study.

End of the procedure:

once you have passed the capsule during a bowel motion, or by the following morning, whichever comes first, the test is considered completed and you can remove the equipment. Please return the equipment to the Endoscopy Department by 11am the following day.

The doctor who has referred you, and your GP, should receive the results of your test within two weeks if your procedure was request as fast-track, or within four weeks if your procedure was requested as routine/surveillance.

You must NOT have an MRI scan until you have seen the capsule pass, or until at least two weeks after you swallowed the capsule and received a report confirming the capsule has reached the caecum (a pouch which forms the first part of the large intestine).

If you experience abdominal pain, or have any other concerns, please contact the Royal Bournemouth Hospital Endoscopy Department during opening hours or seek medical advice in the Emergency Department. Outside of the endoscopy opening times, you can also call Ward 1 (our gastroenterology ward), where you can speak to a nurse who can best advise you.

Endoscopy Department Telephone Numbers:

0300 019 4668 or 0300 019 5690 (Mon - Fri, 8am-6pm)

Ward 1 (Gastroenterology ward at RBH):

0300 019 4501 (24 Hours)

Poole Hospital Endoscopy Department:

0300 019 2772 (Mon - Fri, 8am-6pm)

As a department we welcome your comments regarding your endoscopy procedure. You can share your comments using the following methods:

- patient comments book and survey cards in the endoscopy department recovery lounge
- patient advice and liaison service(PALS) **0300 019 4886** or email **pals@uhd.nhs.uk**

To read this leaflet in a different language,
please visit our website: **www.uhd.nhs.uk/visit/patient-information-leaflets**
and use the language and accessibility function available along the top of the site.

To ask for this leaflet in larger print, please contact the patient experience team on **0300 019 8499**
or email **uhd.patientexperienceteam@nhs.net**.

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