



Capsule endoscopy

What is a Capsule Endoscopy?

A capsule endoscopy is a video examination of the small intestine. It involves passing a miniature camera through the gastrointestinal tract. The camera captures images of the lining of the small intestine, which can reveal diseases such as bleeding or inflammatory conditions.

When is Capsule Endoscopy Performed?

Capsule endoscopy is never the first examination performed for gastrointestinal symptoms. Gastroscopy and colonoscopy must always be carried out first.

A capsule endoscopy is performed in cases of:

- Bleeding from the gastrointestinal tract.
- Suspected or confirmed Crohn's disease (an inflammatory bowel disease).
- Suspected small bowel disease or pathology
- Abdominal pain where a small intestine disorder is suspected.
- Certain types of diarrhoea.

How is a Capsule Endoscopy Performed?

The procedure involves swallowing a miniature digital camera about the size of a fish oil capsule. As it travels through the gastrointestinal tract, the camera takes two images per second.

You will either wear a sensor belt or have eight sensors attached to your abdomen, which are connected to a receiver. The receiver, approximately 10 x 5 x 2 cm in size, is worn in a small bag.

The capsule is a single-use device that captures images for approximately nine hours before it stops functioning. The capsule exits the body with the stool 6–36 hours after it is swallowed.

Preparation

Bowel Cleansing

The bowel must be completely empty for the examination to be conducted, and you must fast before the procedure. Please refer to the bowel cleansing instructions.

Regular Medication

You may continue taking your regular medication throughout the cleansing period. However, if you are taking medication for diabetes, you must contact Aleris before starting the bowel cleansing.

Guide to bowel preparation before capsule endoscopy

To ensure the success of the examination, it is crucial that the bowel is completely empty of stool. Proper cleansing is essential for an accurate evaluation.

3 Days Before the Examination

Take 2 Bisacodyl tablets (Toilax or Dulcolax) at 8pm.

2 days Before the Examination

Take 2 Bisacodyl tablets (Toilax or Dulcolax) at 8pm.

The Day Before the Examination

Between 7am and 8am:

Eat a light breakfast, such as a slice of white bread and a soft-boiled egg. For the rest of the day, consume only clear liquids.

Between 8am and 3pm:

Drink at least 1.5 litres of clear liquids.

At 3–3:30pm:

Drink 1 sachet of Picoprep mixed in a large glass of water. Stir for 2–3 minutes. If the mixture is warm, you may add ice cubes. Afterward, drink an additional ½ litre of clear liquid.

Between 3:30pm and 7pm

Drink at least 1 litre of clear liquids. At 7pm: Drink 1 sachet of Picoprep mixed in a large glass of water. Stir for 2–3 minutes. If the mixture is warm, you may add ice cubes. Afterward, drink an additional ½ litre of clear liquid.

After 7pm up until bedtime

Drink at least 1 litre of clear liquids.

After midnight (12am)

Do not eat or drink anything.

Clear Liquids you are allowed to drink
You may drink the following clear liquids:

- Water
- Cordial (diluted squash)
- Soft drinks
- Clear broth/bouillon
- Juice without pulp
- Coffee or tea without milk

Important Tips

- Aim to consume both salty (e.g. bouillon) and sugary (e.g. cordial) liquids throughout the day to maintain electrolyte balance.
- Avoid drinks with red or purple dyes, as these can interfere with the examination.
- Do not consume any dairy products.

During the Cleansing

Be prepared for frequent bowel movements once you start the Picoprep. Your stool will become very watery. Frequent toilet visits during the cleansing may irritate the skin around the anus. To relieve irritation: Use soothing creams or barrier ointments if needed. Zink ointment can give some relief

If you have any doubts or questions, contact your healthcare provider for further guidance.

If you are taking iron tablets, you should stop taking them one week before the examination.

Feel free to contact us if you have any questions or concerns.

Day of the Examination

What to Wear

Wear two-piece clothing, such as trousers or a skirt with a top. Your t-shirt or undershirt must be made of cotton, long enough to cover your waistband.

Ensure that the skin on your abdomen is dry. Avoid using creams or lotions on the day of the examination.

Procedure

A nurse will attach the recording equipment to your body. You will swallow the capsule with 1-2 glasses of water. After this, you may go home.

Precautions

- After swallowing the capsule, wait 2 hours before drinking again, and only consume clear liquids.
- You may have a light meal 4 hours after swallowing the capsule.
- When the light on the receiver stops blinking, you may remove the equipment. If the light continues blinking after approximately 12 hours, you may still remove the equipment.

Important

- Do not turn off the receiver or disassemble the system.
- Carefully place the equipment into a plastic bag and return it to the reception the following day. Be cautious not to bend any wires or damage the receiver.

Avoid certain activities

- Do not go near strong magnetic fields, such as MRI scanners or security systems in shops.
- Avoid intense physical activity, though regular movement is encouraged.
- Stay out of direct sunlight while the capsule is active.

Monitoring the equipment:

- Check the receiver every 15 minutes to ensure it is still blinking.
- Once the light stops blinking, note the time and include this information when returning the equipment.

Excretion of the Capsule

If possible, check your stool to confirm that the capsule has been passed-though.

Once located, flush the capsule down the toilet.

It is important to confirm the capsule has left your body.

If the capsule is not excreted

Do not undergo an MRI scan without

verifying the capsule has been expelled, as this could cause serious injury to the intestines or abdominal cavity.

If needed, consult a doctor and arrange for an X-ray to confirm the capsule has left your body.

After the Examination

Return the equipment to the reception the following morning

After the examination, you will receive a follow-up appointment with the specialist, where the results will be reviewed, and the next steps in your treatment plan will be discussed—unless otherwise agreed.

Possible Side Effects and Other Complications

If you experience abdominal pain, nausea, or vomiting during the examination or within the following 24 hours, you should immediately contact us (the clinic) or the on-call doctor service or an emergency hospital in your region.

If you have a narrowing in the intestine that the capsule cannot pass through, it could result in intestinal obstruction (blockage), which may require surgical intervention. This is why the doctor inquires about any symptoms of intestinal narrowing prior to the examination.

Aleris Hospitaler - West

Aalborg

Sofiendalsvej 97
DK - 9200 Aalborg SV
Tel. +45 3637 2750
aalborg@aleris.dk

Aarhus

Brendstrupgårdsvej 21 A, 1. sal
DK - 8200 Aarhus N
Tel. +45 3637 2500
aarhus@aleris.dk

Odense

J. B. Winsløws Vej 17B
DK - 5000 Odense
Tel. +45 3637 2880
odense@aleris.dk

Esbjerg

Bavnehøjvej 2
DK - 6700 Esbjerg
Tel. +45 3637 2700
esbjerg@aleris.dk

Herning

Poulsøvej 8, 2. sal
DK - 7400 Herning
Tel. +45 3637 2600
herning@aleris.dk

Aleris Hospitaler - East

Copenhagen

Gyngemose Parkvej 66
DK - 2860 Søborg
Tel. +45 3817 0700
kobenhavn@aleris.dk

Ringsted

Haslevvej 13
DK - 4100 Ringsted
Tel. +45 5761 0914
ringsted@aleris.dk

www.aleris.dk