

Information for patients about capsule endoscopy



Information protocol submitted by:

Date:

Dear patient

Please read these documents immediately upon receiving them. Fill in the questionnaire, if possible date and sign the documents on the day before the examination. If you have any questions, please contact your doctor or specialist (gastroenterologist).

You have been advised to have a procedure known as a **capsule endoscopy**. Before the examination you'll receive the following:

- **an information leaflet**
- **a questionnaire**
- **informed consent form**

Information leaflet:

On the information leaflet you can find information about the course of the examination as well as its objectives and risks. Please read this leaflet carefully.

If you have further questions about the necessity and urgency of the examination, about alternatives or any risks posed by the examination, please contact your doctor. Most of these questions can be answered by the doctor who registered you for the examination. Specific questions about the examination's technical details or specific problems can be answered by the specialist (gastroenterologist) who will carry out the procedure, if necessary. If you wish to do so, we kindly ask you to contact us or the referring doctor in good time.

Questionnaire:

You are kindly asked to fill out the enclosed questionnaire. Please bring the questionnaire with you to the examination. You are kindly asked to date and sign the questionnaire one day before the examination if possible. If you have any problems or there are ambiguities in answering the questions, please contact your doctor or us in good time.

Informed consent:

Please read the informed consent form through very carefully. Also date and sign it no later than the day before the examination.

The information leaflet is yours to keep.

The questionnaire and the informed consent will be kept by us in the medical files.

Aufklärungsunterlagen empfohlen durch die Schweizerische Gesellschaft für Gastroenterologie SGGSSG, die Verbindung der Schweizer Ärztinnen und Ärzte FMH sowie der Stiftung Patientenschutz SPO.

Information sheet about capsule endoscopy

Why is a capsule endoscopy carried out?

Capsule endoscopy allows an investigation of those sections of the small intestine that can't be seen by gastroscopy or colonoscopy. To do this, a video capsule the size of a large tablet must be swallowed and is passively transported through the digestive tract. This capsule contains a camera that takes about two images per second and which are sent directly via a transmitter to the receiver attached to the body and stored in a portable computer. Using these recorded images which are viewed by your physician after the capsule has finished its journey, pathological changes in the small intestine (e.g. inflammatory changes, ulcers, polyps or tumours) which may be responsible for your symptoms, can be identified. This investigative procedure cannot be used to obtain tissue samples or perform surgery.

What preparations are necessary for a capsule endoscopy

As in a colonoscopy, thorough cleaning of the small intestine is required for an optimal investigation (see separate instructions). Please follow the instructions for colon cleansing exactly. Any iron preparations must be stopped 5 days before the examination.

What happens during a capsule endoscopy?

On the day of the investigative procedure you should be fasting (no eating or drinking from midnight) when you take the capsule, as the upper digestive tract must be free of food residues for the capsule endoscopy. Drinking clear, fat-free liquids (no milk) is permitted up to 2 hours before the investigative procedure begins. After a preparatory consultation, the sensors and the recording device are attached to your body. After swallowing the video capsule, you can leave the practice/hospital. The belt with the sensors and recording device mustn't be removed during the investigation period. Investigation time is approximately 8 hours. You may drink water two hours after swallowing the capsule, and two hours after this you may eat normally. The nursing staff will arrange a time with you for the removal of the recording device. You will be taught how the recording device works. In case of any malfunction, please contact the responsible nursing staff.

The transmission of image data from the capsule to the recording device can be disturbed by interference (remote controls, mobile phones etc.). Please stay away from devices with wireless transmission. The capsule will be excreted the normal way during a bowel movement.

What are the risks associated with capsule endoscopy?

Capsule endoscopy is a low-risk procedure. Rarely, after ingestion of the capsule, an intestinal obstruction can occur and then it is necessary (< 1%) to remove the capsule either endoscopically or surgically. The risk is increased in patients who have already had an intestinal obstruction or who are suspected of having a narrowing of the intestine ("stenosis"). Under such circumstances, capsule endoscopy isn't possible or the risks must be weighed against the benefits. In order to keep the risk as small as possible, an X-ray is taken in advance or a self-absorbing "mock capsule" is administered.

What about after the examination?

You may eat and drink normally after the investigative procedure. The capsule will be excreted the normal way. It is intended for single use only, there is no need to retrieve it.

If abdominal pains, fever or vomiting occur during or after the examination, inform your doctor immediately or go to a hospital emergency department.

Take care that the capsule has been excreted. If you can't clearly confirm that the capsule was excreted it may be necessary to have an X-ray taken.

It is absolutely forbidden to carry out an MRI during the investigative procedure as it can cause serious damage to the intestine. If you can't clearly confirm the capsule has been excreted it is absolutely necessary to have an X-ray before magnetic resonance imaging (MR I) is performed,

Questions about the examination?

If you have any further questions about the planned examination, please contact your GP. If you are still unclear, contact the specialist (gastroenterologist) who is carrying out your examination.

You can contact the following doctors if you have any questions or problems:

General practitioner		Tel:
Gastroenterology		Tel:

Aufklärungsunterlagen empfohlen durch die Schweizerische Gesellschaft für Gastroenterologie SGGSSG, die Verbindung der Schweizer Ärztinnen und Ärzte FMH sowie der Stiftung Patientenschutz SPO.

Questionnaire

Label

Assessing the risk of capsule endoscopy

Have you ever had an intestinal obstruction?	Yes	No
Have you ever had abdominal surgery? When yes, which type? - appendix - gastric surgery - large intestine surgery - small intestine surgery - liver/pancreatic surgery - uterine/ovarian surgery - other?		
Do you have Morbus Crohn's disease or ulcerative colitis?		
Do you have a narrowing („stenosis“) of the gut?		
Do you have a pacemaker, neurostimulator or other electronic implants?		
Do you take pain killers, anti-rheumatic drugs or aspirin? If yes, which ones and how many?		

I, the undersigned, have completed the questionnaire to the best of my knowledge.

Place, date

Patient's name

Patient's signature

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Informed consent about a capsule endoscopy

Label

Information protocol submitted by:

Date:

I, the undersigned, have read the information sheet.

I have been informed by the doctor of the reason (Indication) for the capsule endoscopy. I understand the nature, procedure and risks of capsule endoscopy. My questions have been answered to my satisfaction.

(Check the appropriate box)

I agree to having a capsule endoscopy

yes	no
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Patient's name

Doctor's name

Place, date

Patient's signature

Place, date

Doctor's signature

For patients who cannot give consent themselves:

Legal representative
or proxy

Doctor's name

Place, date

Representative's name

Place, date

Doctor's signature

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