

Capsule Endoscopy

What is capsule endoscopy?

Capsule Endoscopy is a test that lets the doctor look at the small intestine. It may be done to look for bleeding or other problems in the small intestine.

A tiny video camera inside a capsule is used. The camera is activated once the recorder belt is attached to your child. The capsule is swallowed with water.

As the capsule moves through the small intestine the camera takes pictures and sends them to a recording device. When the test is done, the doctor uploads the images to a computer to be examined.



Can anyone do this test?

Almost anyone can have this test. It is approved by the FDA for patients age 2 and older. It can be done on young children depending on their age and size. The capsule may be too big for a small child to swallow. In that case, the doctor may put it in the small intestine with an endoscope.

If your child has a heart pacemaker or other electromedical device, tell the doctor. The doctor will decide if the test can still be done.

If the small intestine is too narrow from disease or swelling the capsule could get stuck. This is very rare. Your doctor will discuss this risk with you. If needed, tests that look for narrowing in the intestine can be done before to the test.

How do I prepare my child for the test?

The day before the test

- Your child may eat a regular breakfast and lunch.
- After 2 p.m. your child may have clear liquids only.
 - Do not give any solid food, milk or milk products after 2 p.m. Food will affect the results of the test.
 - Do not give juices with pulp such as orange, pineapple or grapefruit juice after 2 p.m.
- Clear liquids include:
 - Apple juice, white grape juice, ginger ale, powdered drink mixes such as Kool-aid® or Crystal Lite®, Jell-o®, or Popsicles® without real fruit juice.
 - **Do not give any red colored liquids.**
 - **Remember; do not give juices with pulp.**
- Medicines may be taken as normal the day before the test.

The morning of the test

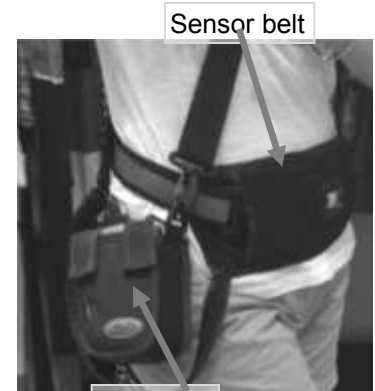
- **Your child may have clear liquids until 4:30 a.m.** Do not let your child eat or drink anything else after this time. This includes water, gum and hard candy.
- **Do not give your child's morning medicine. Bring them with you to the hospital.**
- **Your child should wear a light t-shirt that the recorder can be placed over.**

Please note: It is important to follow these special instructions. If your child eats or drinks anything after the times listed above, **the test may be cancelled.**

What happens during the test?

Your child will wear a sensor belt around the waist. The recorder device is attached to the sensor belt. The device communicates with the capsule. Your child will be able to return to a normal routine that day. Your child will not be able to play sports or go to gym (physical education) class while wearing the recorder. Eating is normally okay a few hours after the capsule is swallowed. You will be given more instructions about eating and taking medicines when the test starts.

Your child will leave the hospital while the camera is taking the pictures. You will be asked to come back 8 to 12 hours later to have the sensor belt and recorder removed.



What happens after the capsule endoscopy?

What you can expect over the next two days:

- **Comfort.** Pain, nausea and vomiting are not normal. Call if these are concerns.
- **Diet.** You may start your child's normal diet.
- **Activities.** Your child may do normal activities and exercise.
- **Medicines.** Your child may start taking their normal medicines. Do not make up any missed doses. Just start with the normal dose.
- **Other tests.** Other tests, especially an MRI should not be done until the capsule has passed. If your child has an MRI scheduled, let the radiologist know. An x-ray may be needed to see if the capsule has passed before the MRI.
- **The capsule.** The capsule will pass in a bowel movement (BM). Sometimes the capsule lights will still be flashing when it passes. Often, your child will probably not know when it passes. The capsule can be safely flushed down the toilet or discarded with a diaper. If you don't think the capsule passed, and there are no symptoms, an x-ray can be taken after 7 days to see if it passed.
- **Results.** A doctor will review the images. A summary of the results to your child's doctor who will contact you with results. It takes about 10 to 14 days to do the full analysis. If you do not hear from your child's doctor, please call their office.

ALERT: Call your child's doctor, nurse, or clinic if you have any concerns or if your child has:

- Pain, nausea or vomiting. Before 4 pm call the GI nurse at 414-266-3690. After 4pm or on the weekend, call the hospital operator at 414-266-2000. Ask to talk to the on-call gastroenterology doctor.
- Special health care needs not covered by this information.

This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.