

DR THOMAS CASPRITZ FRACP

Gastroenterologist and Physician, Endoscopist - TIMARU GASTROENTEROLOGY & ENDOSCOPY

www.timarugastro.com



43 York Street, PO Box 100, Timaru

Telephone: 03 688 4447

Fax: 03 684 8455

FACT SHEET AND PATIENT INFORMATION PILLCAM

The PillCam™ SB video capsule endoscopy system is an ingestible capsule that lets your doctor visualize your entire small bowel, the small intestine that connects the stomach to the large intestine and aids in digestion and other metabolic processes. The PillCam is intended to look at the small bowel mucosa (lining).



Procedure Risks

More than 2 million PillCam procedures have been done so far worldwide. **Capsule retention** has been reported in less than two percent of all small bowel capsule endoscopy procedures. Causes of retention cited in the literature include: NSAID strictures, Crohn's disease, small bowel tumors, intestinal adhesions, ulcerations, and radiation enteritis. Summaries in published literature identify the risk of retention from 1.5% up to 5 % (for known Crohn's disease). To verify passage of the capsule from the GI tract, e.g. an abdominal X-ray may be obtained at the discretion of the physician. Sometimes small bowel imaging is required prior to the procedure.

There is a rare risk of capsule aspiration while patients are attempting to swallow a PillCam capsule. There is also a low risk of skin irritation from the PillCam sensor array's sleeve adhesive or silicone exposure.

Medical, endoscopic, or surgical intervention may be necessary to address any of these complications, should they occur.

Note

If you wear a pacemaker, implanted defibrillator or other implanted electronic device please inform your doctor. A discussion and special consent is necessary in this case. Capsule endoscopy can be used in complex cardiac patients without any concern. Although still contraindicated by the FDA and the product instructions, this needs to be evaluated on an individual basis.

How to prepare for your pillcam

Your stomach and small bowel must be cleansed by drinking Klean-Prep. This is to ensure the doctor gets the clearest view possible of your small bowel. Be aware, therefore, that Klean-Prep will induce diarrhoea. **If you have diabetes please inform us as you may require special instructions regarding your diet and diabetic medications. Please stop taking iron tablets 5-7 days before the test.**

Please follow these instructions, starting the day before your appointment:

1. Have a normal sized breakfast.
2. Eat a light lunch. **Do not eat after 12 midday.** You may drink clear fluids (water).
3. Dissolve the contents of the Klean-Prep sachets in 2 litres of tap water and refrigerate at midday.
4. Start drinking Klean-Prep between 5-7pm. You should drink 1 glass every 5-10 mins, aiming to complete 2 litres over two hours. Feelings of bloating or nausea may occur after the first few glasses of Klean-Prep. Slowing the rate of drinking can decrease any nausea. Nausea should resolve after the bowel motions begin.
5. Keep warm while you are drinking Klean-Prep.
6. Drink unsweetened clear drinks during or after drinking the Klean-Prep to prevent dehydration. Drinks should be warm or hot if you feel cold.
7. **Do not drink after midnight** the night before the procedure.
8. Important medications may be taken up to 2 hours before your appointment time, with a mouthful of water, or 4 hours after swallowing the capsule.
9. If you suffer from angina or asthma please bring your GTN spray or inhalers with you. If you are an insulin-dependent diabetic, please bring your insulin.

You should wear a close fitting singlet or undergarment that covers your abdomen. The SensorBelt (which picks up the signals from the capsule) is fitted tightly over the singlet/undergarment. You should wear loose fitting, comfortable clothing to your appointment. A large top and elasticated waist trousers are ideal. Dresses are unsuitable.

After ingesting a PillCam capsule and until the capsule is excreted, patients should not be near any source of powerful electromagnetic fields, such as one created by an MRI device.

What to Expect from the PillCam SB Procedure

1. The morning when you arrive at your doctor's office, a nurse or doctor will explain the procedure to you and fit you with the PillCam sensor belt, a comfortable belt worn around your waist and over your clothing. The PillCam recorder, a small portable recording device that communicates with the PillCam SB capsule as it passes through the small bowel, is attached to the sensor belt.
2. You will then be asked to swallow the vitamin-sized capsule with a glass of water and you will then be able to resume most daily activities.
3. You will be scheduled to return to the physician's office with the sensor belt and the recorder.
4. Your physician will then download images from the recorder for review.
5. PillCam SB passes naturally with a bowel movement, usually in 24 to 72 hours.

This information should not be used as a substitute for medical advice concerning specific diagnosis and treatment.