

Capsule Endoscopy

What Is a Capsule Endoscopy?

A capsule endoscopy is a safe, painless way for doctors to look inside the small intestine. Your child's doctor will talk with you about how the test might help your child, what it can and cannot show, and the small risks involved.

In order to have a capsule endoscopy, your child must be able to swallow a large pill. Most children older than 10 and some younger children are usually able to swallow the capsule.

A capsule endoscopy may be ordered to diagnose a wide range of problems in the digestive tract, including Crohn's disease, celiac disease, absorption problems, and tumors of the small intestine, bleeding problems or other problems with the bowels or small intestine.

- The capsule contains a tiny, single-use camera about the size of a large vitamin. After the capsule is swallowed, it slides through the digestive system and takes thousands of pictures and many video clips along the way. The pictures are sent to a recorder attached to a belt that your child will wear.

How to Prepare for the Test:

- For 7 days before the test, do not give your child any iron or iron-containing supplements, antacids or Carafate®, narcotics or any other medication that may slow the movement of food through the GI system.
- DO NOT stop any anti-coagulants (blood thinners).
- Give your child all of his/her other regular medicines.
- If your child is diabetic, you will need to discuss adjusting medications with their Endocrinologist.

The Day Before the Capsule Endoscopy:

- Your child will eat a light lunch (no red or purple food or drink). An example of a light lunch is ½ sandwich and cup of soup.
- After lunch, your child can only have clear liquids. Any kind of clear liquid is okay (nothing red or purple). Examples of clear liquids are: apple and grape juices; fruit-

flavored drinks, such as Kool-Aid®; sports drinks, such as Gatorade®; clear tea; carbonated beverages (soda or pop); Popsicle®; plain Jell-O® or gelatins; and fat-free broth or bouillon.

- Your child cannot have anything to eat or drink for 10 hours before the capsule endoscopy.
- No smoking for 24 hour prior to the capsule endoscopy.

On the Day of the Capsule Endoscopy:

- No medications can be taken within 2 hours of the procedure.
- Have your child wear comfortable, loose-fitting, two-piece clothing.

What to Expect:

- You will check in at the ACCESS Center of the main hospital the morning of the procedure.
- The nurse will attach a set of sensors to your child's belly using sticky patches. The sensors do not hurt and are easily removed when the test is complete.
- The nurse will then attach a recorder belt around your child's waist. The belt looks like a "fanny pack" and contains the recording equipment. The sensors attached to your child's belly pick up signals from the capsule, sending pictures and video clips to the recorder.
- The nurse will show your child how to swallow the capsule with water. Most children are able to swallow the capsule in just a few tries.
- Once the recorder belt is in place, your child may leave the hospital, attend school, or participate in any other non-strenuous activities. There are no restrictions on your child's movement during the day, but care should be taken to make sure the recorder belt does not get wet or damaged.
- After swallowing the capsule and until it passes out of the body, your child should not be near any source of powerful electromagnetic fields such as an MRI machine or amateur radio.
- Your child cannot eat for 2 hours after the capsule is swallowed. After 2 hours they can have water and in 4 hours he/she may have a light snack. After the snack, your child cannot eat anything until the test is done. When the test is done they may return to their normal diet.
- You will be given a form to keep a record of your child's eating, drinking and activity during the test.
- The recorder belt will stay on for the entire test. 8 hours after swallowing the capsule, you will come back to the hospital to turn in the recorder.

- After the recorder belt is removed, the pictures and video clips will be transferred onto a special computer so the doctor can review them.

After the Test:

- When the belt has been removed, your child may go home and resume a normal diet and normal activities.
- The capsule will be passed from your child's body through the anus within 72 hours when they pass a bowel movement. It is important to monitor your child's stools, to make sure the capsule is passed. If you do not see the capsule in your child's stool within 1 week after the test, please call the GI Clinic at 402-955-5700.
- If you do not notice the capsule in the stool within two weeks, your child's doctor may order an X-ray of the abdomen to be sure it has passed. Your child should not have an MRI scan done until it is confirmed that the capsule has passed from his or her body.
- Your child's doctor will look at the pictures and videos taken during the test and you will be contacted with the results, usually within 1 week.

WHEN TO CALL US:

Contact the GI Clinic at 402-955-5700 if your child has any of these symptoms after completing the test:

- trouble swallowing
- fever
- vomiting, bloating or abdominal pain
- if the capsule does not pass after 1 week

Please call the GI Clinic with any questions or concerns at 402-955-5700.

Resources:

<https://www.gikids.org/>

<https://www.youtube.com/watch?v=aWVV5Le0l1Q&feature=youtu.be>