

Patient information

Discharge advice following your Small Bowel Capsule Endoscopy

Gastroenterology / Endoscopy Department

Thank you for attending to your Outpatient Appointment at Aintree university Hospital.

Please follow the Capsule Nurse Instructions for the entirety of the day. You are now responsible to maintain the capsule equipment intact and safe to ensure the test is complete.

Please remain nil by mouth.

You are able to tolerate clear fluids only after two hours of swallowing the capsule.

You are able to eat and drink normally after four hours of swallowing the capsule.

Please DO NOT have an MRI scan for at least Four weeks, unless you have seen the capsule's excretion prior.

Images from the capsule you swallowed this morning are being transmitted to the square recording box carried in the shoulder bag. The recorder has a blue flashing light at the top which should remain blue and flashing throughout the day. If there are any changes in the colour of the light, or if you have any concerns about the equipment please contact the Gastroenterology Department at the Aintree Liverpool Hospital on Tel: 0151 529 0403 / 3555 / 0385.

If you have diabetes treated with insulin please check your blood glucose levels as recommended by your diabetes team or family doctor (GP) and continue to administer your insulin once you have commenced food and seek their advice if needed.

You can remove the recording equipment just before you go to bed. Please keep the equipment in a safe place. You can return the recorder and recorder belt to the Gastroenterology department at the Endoscopy Reception of Aintree Liverpool University Hospital on Monday morning (unless you have been given different instructions by the nurse/doctor you saw when you attended the department).

The capsule will pass through your gastrointestinal tract in the next few days. You are unlikely to notice this. You do not need to retrieve the capsule.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further Information

**Gastroenterology Department at the Aintree Liverpool Hospital on
Tel: 0151 529 0403 / 3555 / 0385.**

Text phone number: 18001 0151 529 0403 / 3555 / 0385.

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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