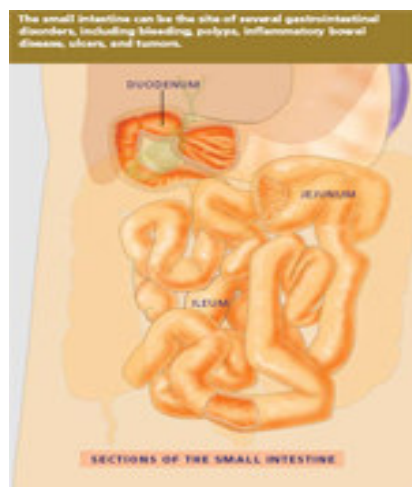


What is capsule endoscopy?

Capsule Endoscopy lets your doctor examine the lining of the middle part of your gastrointestinal tract, which includes the three portions of the small intestine (duodenum, jejunum, and ileum). Your doctor will give you a pill sized video camera for you to swallow. This camera has its own light source and takes pictures of your small intestine as it passes through. These pictures are transmitted by a weak radio signal to a small recording device you have to wear on your body.



Your doctor will be able to view these pictures at a later time and might be able to provide you with useful information regarding your small intestine.

Why is Capsule Endoscopy Done?

Capsule endoscopy helps your doctor evaluate the small intestine. This part of the bowel cannot be reached by traditional upper endoscopy or

by colonoscopy. The most common reason for doing capsule endoscopy is to search for a cause of bleeding from the small intestine. It may also be useful for detecting polyps, inflammatory bowel disease (Crohn's disease), ulcers, and tumours of the small intestine.

How Should I Prepare for the Procedure?

It is important that the small bowel is empty of food for the test. Your last solid food should be taken at lunchtime the **day before** your appointment. You may continue to take clear fluids up to 12 hours before the test. For the final 12 hours before the test no food or drink to be taken: However essential medication may be taken with a small sip of water up to 2 hours before the test. In Some circumstances your doctor may request that you take a laxative on the day before the test, to ensure the bowel is clean

Before the test discuss any allergies to medications as well as medical conditions, such as swallowing disorders and heart or lung disease with your doctor.

Tell your doctor of the presence of a pacemaker or defibrillator, previous abdominal surgery, or previous history of bowel obstructions in the bowel, Inflammatory Bowel disease, or adhesions.

In some cases where there is a definite possibility of a narrowing in your small bowel, your doctor may request a patency or 'dummy' dissolvable capsule before proceeding to the real test on a different day

What Can I Expect During Capsule Endoscopy?

A Technician will prepare you for the examination by applying eight sensors to your

abdomen with adhesive sleeves (similar to tape). These are attached to a data recorder worn on a strap over your shoulder. The pill-sized capsule endoscope is swallowed and passes naturally through your digestive tract while transmitting video images to the data recorder.

You will be able to drink clear liquids after two hours and eat a light meal after four hours following the capsule ingestion, unless your doctor instructs you otherwise. You will have to avoid vigorous physical activity such as running or jumping during the study

The recording lasts for approximately 8 hours. During this time you are free to leave the hospital. At the end of the procedure you will return to the office where the data recorder and sensors is removed so that images of your small bowel can be put on a computer screen for a physician to review.

What Happens After Capsule Endoscopy?

The capsule will pass naturally through your gut and normally passes within 24 – 48 hours. There is no need to return the capsule and so you can safely flush it away!

The recordings will have to be analysed and reported. This will take approximately 1 week. The results will be sent to your referring hospital consultant.

Pregnancy

If you think you maybe pregnant, please inform staff.

Directions

The Hospital is situated in South West Dublin and is easily accessible by car or bus. It is close to the M50 motorway and the N81.

By car via the M50:

Exit the M50 at junction 11, following the signs for Tallaght. You are now travelling on the N81. Continue straight on this road for approximately 1km through one roundabout and 4 sets of traffic lights. The landmarks that you pass include (on your right) the Plaza Hotel and the Square Shopping Centre and, (on your left) a public park. The right hand turn for the hospital is signposted shortly after you pass these landmarks at the fifth set of traffic lights (opposite the Shamrock Rovers football stadium). The hospital is clearly marked from here. It is the second turn on your right. You will then see the hospital entrance on your left.

By Bus

The following buses will drop you at the gates of the hospital - **49, 49A, 50, 54A, 65, 65B, 77, 77A**. All these buses leave from Eden Quay in the City Centre near O'Connell Street.

Other bus routes that will drop you at the hospital are:

The **75** from Dun Laoghaire,
The **76** from Ballyfermot,
The **76A** from Blanchardstown,
The **201** and **202** which are local Tallaght buses.

For details of pick up points along any of these routes contact the Dublin Bus Ringsend Depot (01

703 4533) or alternatively you can contact Dublin Bus Passenger Information Service on (01) 873 4222 or look up www.dublinbus.ie.

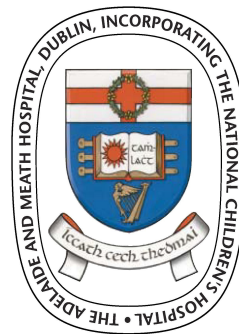
All these buses stop at the Square Shopping Centre in Tallaght. The hospital is one stop before this. Ask your bus driver to tell you when you are approaching the hospital.

By Train

Heuston and Connelly Station are in Dublin city centre. The Luas red line is accessed outside both these stations and has a stop adjacent to the hospital. See information below on the Luas.

By Luas

The hospital is accessible from the red line on the Luas. The line starts at The Point runs through Middle Abbey Street, Heuston Station and finishes in Tallaght. The hospital is adjacent to the second last stop on this line aptly named, "Hospital". Trams run approximately every 7 minutes through the day.



**THE ADELAIDE & MEATH
HOSPITAL, DUBLIN**
INCORPORATING
THE NATIONAL CHILDREN'S HOSPITAL

GI Function Unit

Telephone: 01- 4144181

Fax: 01- 4144180

Email: gifunctionlab@amnch.ie

Dear _____

An appointment has been made for you to attend the G.I. function lab at The Adelaide and Meath Hospital in Tallaght for a small bowel capsule endoscopy test

Date:

Time:

Please read the instructions overleaf carefully. If you do not wish to attend for this appointment, please inform the unit immediately so we can offer this time slot to another patient.