

Small Bowel Capsule Endoscopy with PLENVU

This leaflet has two sections: The first section explains the procedure and what medications you may need to stop as well as what to expect when you come to hospital. The second section explains how to prepare for this procedure, including when to stop eating and how to cleanse your bowel. It is important to read both sections as well as the enclosed Consent Form to ensure that you are fully prepared for the procedure.

Small Bowel capsule endoscopies are carried out at the Endoscopy Unit, 1st floor St. James wing of St George's Hospital. **Please refer to your appointment letter for the time and date.** You will be contacted by one of our nursing team before your procedure, to record your health history and to advise on any changes to your medication.

Important information about your procedure

- St George's is a national training centre for endoscopy. Students and qualified trainees may be involved in your care. If you do not want students to be present, please inform the doctor or nurse when you are admitted.
- **Three days before** your appointment, **start a low fibre diet** (found on page 4).
- **STOP EATING 24 HOURS before your appointment**, clear fluids are allowed (**no milk**).
- Take the bowel preparation as per the instructions from page 5.
- **Continue to drink clear fluids up until** your appointment time.
- Please read and bring your signed **Consent Form** (yellow form) with you to your appointment.

Important information about medication

- Seven days before the procedure, stop taking iron tablets.
- Four days before the procedure, stop taking constipating medicines such as Imodium (Loperamide), Lomotil, or codeine phosphate, or stool bulking laxatives such as Fybogel or Movicol. (If taking codeine-based medicines, please consult your GP to discuss if any alternatives are available).
- Take all other medications as usual but do not take oral medications one hour before or one hour after taking the bowel preparation.
- If you are taking the contraceptive pill, please take additional precautions for one week following the bowel preparation.
- **A telephone triage appointment will be made with you to discuss how to take the bowel preparation and which medications to omit during this time.**

Section One:

What is a small bowel capsule endoscopy?

A capsule endoscopy is a small (32mm x 0.5mm x 12mm) disposable capsule, roughly the size of a large vitamin capsule, which we will ask you to swallow with water. Prior to drinking this we will also ask you to swallow a drink containing a solution that dissolves any bubbles in the digestive juices (Simeticone) to allow for optimum view of your bowel. The capsule contains a camera, light source, battery and transmitter, which work collectively to take images of the gut. The capsule travels naturally through the gastrointestinal tract into the small intestine and is passed in your faeces, when you have your bowels open. The time this will take varies with each individual, do not worry if you do not see or feel it pass, we will know.

On the day, we will instruct you to wear a belt around your waist which connects to a data recorder attached (in an easy to carry bag). This records the capsules journey through the gastrointestinal tract. The recording is set for twelve hours to complete, although once the capsule is swallowed you may leave the unit and return home. Once the recording has finished, the data recorder will stop automatically; this will need to be returned to the Endoscopy Unit on the next working day.

For a successful examination, it is important that the small bowel is clear of waste material. If the bowel is not completely clear, it is possible to miss something and may require a repeat procedure.

Why do I need this test?

You have been advised to have this procedure so that we can examine the small intestine more carefully, to assess if there is a cause for your symptoms.

Are there any risks or side effects?

Capsule endoscopy is purely diagnostic. It is a well-tolerated and safe procedure. The main risk is capsule retention which occurs in less than 1% of cases. You are not expected to retrieve the capsule, although if you are worried that the capsule has not been excreted, please notify us and we will consider arranging an abdominal x-ray. Equally if we feel you have not passed the capsule within the 12-hour recording, we will contact you and arrange an x-ray.

On arrival at the endoscopy unit

Please report to Reception at the Endoscopy Unit, first floor St James Wing.

- If you wish to have someone with you during the examination, please bring a friend or family member, although it is not a requirement to have an escort as sedation is not required for this procedure.
- The doctor or nurse performing the test will explain the procedure and sign the consent form sent to you earlier in the post. This confirms that you understand the purpose and procedure of the examination and agree to proceed.

Please wear loose-fitting, two-piece clothing, for example, jogging trousers with a baggy t-shirt.

After the examination

You may resume normal activities following the test. ***You will only be able to drink water for 2 hours directly after swallowing the capsule, and then clear fluids for a further 2 hours before you can have a light snack. From 6 hours after swallowing the capsule you can recommence a normal diet.***

Will I get the results / Will I have a follow-up appointment?

This is a diagnostic procedure only and the recoding will take some time to watch. We will send your GP and referring clinician the results within 4 weeks of the procedure, please arrange an appointment to see them if you do not already have one in place. If there are any abnormalities or retention of the capsule, we will contact you directly via telephone.

Is there anything I need to watch out for after the procedure?

Once the capsule is swallowed you can continue with your normal daily function, although if you experience any **severe abdominal pain or vomiting**, please contact either our direct line, or the Endoscopy Unit Monday to Friday between 9am and 5pm on the telephone numbers below under **Contact Us**. Outside of working hours, please go to your local Emergency department or alternatively, you can call your GP or NHS 111.

Where do I go?

Please see your appointment letter for the location of your appointment and the address below:

- **St George's Hospital**, Blackshaw Road, London, SW17 0QT. Please go to the Endoscopy Unit, First floor, St James' Wing.

Parking at the hospital

At St George's Hospital, the car park entrance is located on Blackshaw Road. Queen Mary's Hospital has a car park on site. Please ensure you check the rates before parking.

Contact us

If you have any questions or concerns about your procedure, please contact us:

For appointments at St George's Hospital please call:

Video Capsule Endoscopy Team on **02087252916** Monday to Friday 8am to 6pm
The Endoscopy Unit on 020 8725 1913 Monday to Friday 9 am to 5pm.

THREE DAYS BEFORE THE PROCEDURE, START A LOW FIBRE DIET

This table shows what foods you can eat and what you need to avoid before you start taking the bowel preparation. You must **STOP EATING 24 hours** before the procedure.

| FOOD AND DRINK ALLOWED (up to 24 hours before appointment ONLY) | FOOD AND DRINK TO AVOID |
|---|--|
| <ul style="list-style-type: none"> ✓ Lean beef, lamb, ham, veal, pork, chicken, bacon, plain meat pies ✓ Fresh, tinned, smoked seafood (no bones, shell), fish with white breadcrumbs/batter ✓ White rice, couscous, noodles, white pasta ✓ Peeled potatoes; boiled, baked or mashed ✓ Well-cooked carrots/turnip/swede (no skin), cauliflower/broccoli florets (no stalks) ✓ Sieved tomato sauces (no skin or seeds), purée, tomato/brown/Worcestershire sauce ✓ Plain gravy, cheese, sauce, plain mustard ✓ Eggs, soya, Quorn, tofu ✓ Clear or strained soups ✓ Stewed/tinned fruit (no skin/seeds/pith/pips) ✓ Cornflakes, Rice Krispies, Cornflakes etc. ✓ White bread, plain naan, chapatti, poppadum ✓ Rich Tea or other plain biscuits, crackers ✓ Plain cakes, plain scones (no fruit or nuts) ✓ Butter, milk, cheese, dairy alternatives ✓ Plain or fruit flavoured yoghurt (no bits) ✓ Jam, marmalade (no seeds, peel), marmite ✓ Jelly (green/yellow only), ice cream, custard ✓ Water, tea, coffee, fizzy drinks, clear fruit juice e.g. apple juice, Lucozade | <ul style="list-style-type: none"> x Burgers, sausages, casseroles x Pies, pasties containing vegetables x All peas, beans, pulses e.g. kidney, baked, lentils, hummus x Brown rice, brown pasta, quinoa, barley x Potato skins, chips, roasted potato x Raw vegetables, salad, sweet corn, celery x Fruit (fresh, dried, or tinned with pips) x Packet soups or tinned soup with vegetables x High fibre, wholemeal/multigrain breads x Wholemeal cereals, cereals with nuts, seeds, or dried fruit x Muesli, fruit and fibre, shredded wheat, bran flakes, porridge x All nuts and seeds x Yoghurt with whole fruit muesli, seeds x Digestives, Hob-nobs, oat cakes, flapjacks x Wholegrain crackers, crackers with seeds x Cakes containing fruit, nuts, or coconut x Jam or marmalade with skin/pips/seeds x Peanut butter x Cloudy juice, juice with bits, smoothies x Red or blackcurrant cordial/squash |

Advice for diabetic patients

The bowel preparation can upset your diabetes temporarily. A nurse will contact you with advice on how to manage your diabetes whilst you are fasting. If you have not been contacted, please contact us on the telephone numbers on page 3 of this leaflet under **Contact us** and ask to speak to the pre-admission nurses. Alternatively, you may wish to speak to your diabetic nurse for advice.

FASTING AND PLENVU INSTRUCTIONS

It is very important you follow the instructions on the following pages to ensure your bowel is clear of stool and to enable the procedure to be successful.

DO NOT EAT FOOD FOR 24 HOURS BEFORE THE PROCEDURE

Please check your appointment time to see when to stop eating. During the fasting period, please **DRINK CLEAR FLUIDS ONLY**. Stop drinking two hours before your appointment time.

Clear fluids include:

Water, fizzy drinks, Lucozade, squash (not red or blackcurrant), clear soups, Bovril or broth, black tea and coffee (no milk) and jelly (green and yellow only).

Please follow the instructions on **page 7** (rather than the manufacturer's leaflet) and according to your appointment time. Helpful **Hints & Tips** when taking Plenvu can be found on the next page.

How to prepare PLENVU

PLENVU is a two-dose treatment. The pack contains three sachets: one 'Dose 1' sachet and two 'Dose 2' sachets marked A and B.

To make the first dose, mix the 'dose 1' sachet in 500mls of water. Stir until the powder has completely dissolved (this may take up to eight minutes). Each dose of PLENVU should be sipped slowly over 60 minutes, alternating with intermittent sips of water, followed by 500ml of mandatory clear fluid over a further 30 minutes.

To make the second dose, mix the 'dose 2' sachets A and B in 500mls of water. Stir until the powder has completely dissolved (this may take up to eight minutes). Again, this dose of PLENVU should be sipped slowly over 60 minutes, alternating with intermittent sips of water, followed by 500ml of mandatory clear fluid over a further 30 minutes. We recommend that you prepare each dose early and put it in the refrigerator as it is more tolerable when it is cold.

We understand that individual factors may impact the start time for each dose of PLENVU e.g. work or family commitments, distance to the hospital etc., therefore a range of times has been provided on page 7 to assist with this.

If you have had a previous incomplete colonoscopy due to poor bowel preparation or have chronic constipation, we recommend you take two Senna tablets for 5 nights before starting the PLENVU.

What to expect when taking PLENVU

Everybody responds differently to bowel cleansing. We advise you to remain in easy reach of a toilet as it causes multiple, often urgent, watery bowel movements. It can start working in as little as 30 minutes but may take up to three to four hours to start working in some people depending on your age, diet, if you have diabetes and whether you suffer from constipation. However, for most people the effect of the bowel preparation can be seen within an hour of completion of each dose.

Your bowel motions on completion of the preparation should be a clear/yellow watery consistency. **For early morning appointments before 9.30am, you may wish to start drinking the morning dose earlier to give you time to get to hospital.**

The PLENVU may make you feel nauseated or sick, feel tired, have abdominal bloating or cramps. If you feel nauseated, drink more water between sips and drink it slowly, walking around can also help. If you do not like the taste, try drinking it through a straw. The effects of the preparation may give you a sore bottom, so we suggest using a barrier cream and soft flushable wipes.

If you are unable to tolerate the bowel preparation, vomit the contents, or if by the morning of the procedure you have had little or no result in the toilet, please **Contact us** on the phone numbers of page 3 of this leaflet, as it may not be possible to perform the procedure.

Hints & Tips when taking Plenvu®

Provided for patients who have been prescribed Plenvu® prior to their procedure



Once dissolved, (this may take up to 8 minutes) the solution can be covered and refrigerated



Sip very slowly over 60 minutes. Drink a minimum 500ml of clear fluids with each dose



Try using a straw



Alternating between the **Plenvu®** solution and clear fluid is acceptable



Stay hydrated with plenty of clear fluids



Water or diluted cordials (NOT blackcurrant)



Clear soup

Stay hydrated with clear fluids



Clear fruit juice (without pulp)



Tea / Coffee (without milk)



DOSE 1
(500ml Water)

+

Minimum
500ml
Clear Fluids



DOSE 2
(500ml Water)

+

Minimum
500ml
Clear Fluids

Stop drinking
2 hours before
your procedure

Keep drinking clear fluids throughout this time

To watch the patient video and for more advice on taking Plenvu® please visit:

www.bowelcleansingmatters.co.uk



PLENVU - MORNING APPOINTMENTS

| Suggested routine to follow the DAY BEFORE YOUR PROCEDURE | |
|---|---|
| Breakfast 7 to 9am | Eat a light breakfast but avoid high fibre foods, fruit, and vegetables. This will be the last solid meal until after your procedure. (See page 4) |
| 9am Stop eating and drink clear fluids | STOP EATING SOLID FOOD. You can have water, squash, clear soups, jelly (yellow or green only), fizzy drinks, Lucozade, black tea, and coffee (no milk). |
| Lunch and Dinner Clear fluids only | You can have clear soups or broth such as Bovril or Oxo and jelly (yellow or green only). Remember to continue to drink plenty of clear fluids. |
| 5 to 6pm | Make your FIRST dose of PLENVU 'Dose 1' and sip slowly over 60 minutes, alternating with sips of water. Remember to drink an additional 500ml of water over 30 minutes following this dose. |
| Clear Fluids only | Continue to drink clear fluids to stay hydrated. |
| Suggested routine to follow the DAY OF YOUR PROCEDURE | |
| 5 to 6am (or earlier if desired) | Make your SECOND dose of PLENVU 'Dose 2' with sachets A & B and sip slowly over 60 minutes, alternating sips with water. Remember to drink an additional 500ml of water over 30 minutes following this dose. |
| Clear Fluids only | Continue to drink clear fluids until the capsule is swallowed. |

PLENVU - AFTERNOON APPOINTMENTS

| Suggested routine to follow the DAY BEFORE YOUR PROCEDURE | |
|---|--|
| Breakfast | Eat a light breakfast but avoid high fibre foods, fruits, and vegetables. (See page 4) |
| Lunch 12 noon | Eat a light lunch but avoid high fibre foods, fruits, and vegetables. This will be the last solid meal until after your procedure. |
| 1pm Stop eating and drink clear fluids | STOP EATING SOLID FOOD. You can have water, squash, clear soups, jelly (yellow or green only), fizzy drinks, Lucozade, black tea, and coffee (no milk). |
| 5 to 6pm | Make your FIRST dose of PLENVU 'Dose 1' and sip slowly over 60 minutes, alternating with sips of water. Remember to drink an additional 500ml of water over 30 minutes following this dose. |
| Dinner Clear fluids only | You can have clear soups or broth such as Bovril or Oxo and jelly (yellow or green only). Remember to continue to drink plenty of clear fluids. |
| Suggested routine to follow the DAY OF YOUR PROCEDURE | |
| 8 to 9am | Make your SECOND dose of PLENVU 'Dose 2' and sip slowly over 60 minutes, alternating with sips of water. Please drink a further 500mls of water over 30 minutes following this dose. |
| Clear fluids only | Continue to drink clear fluids until the capsule is swallowed. |



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