

Small bowel video capsule endoscopy



What is a small bowel video capsule (PillCam SB) endoscopy?

A small bowel video capsule (PillCam SB) endoscopy or capsule endoscopy is a test that checks your child's small bowel.

- The small bowel is part of the gastrointestinal (GI) tract. It connects the stomach and the colon (large bowel).
- An upper endoscopy (EGD) and a colonoscopy do not check most of the small bowel, whereas this test can.
- The test is done in the GI Lab at Children's Healthcare of Atlanta at Egleston.

Why does my child need a capsule endoscopy?

It can help your child's gastroenterologist (a doctor who cares for the stomach and intestines) find the cause of your child's problems. This might include things like:

- Bleeding
- Stomach aches
- Watery stools
- Low blood count (anemia)
- Crohn's disease
- Ulcers
- Polyps or tumors

It can also help find out the extent of the problem and how well your child's medicines are working.

How does the capsule endoscopy work?

Your child's doctor will use a pill-sized capsule called a PillCam SB. It has its own camera and light to take pictures of the small bowel.

- Your child will swallow the capsule like they would any other pill.
- The capsule travels through the entire GI tract.
 - It sends pictures of the small bowel to a DataRecorder for about 12 hours.
 - The DataRecorder stores the pictures taken by the video capsule.
 - Your child will wear a recorder belt around their waist to hold the DataRecorder.
- Within 24 to 72 hours, the capsule will pass in your child's stool on its own. You can then throw it away or flush it down the toilet.
- If it does not pass in your child's stool within 5 days, call your doctor's nurse for further instructions.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

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What should I talk about with the doctor before the test?

Before you prepare your child for this test, please talk with your child’s doctor about any:

- Medicines your child takes for stomach problems, such as iron, Carafate, pain medicines, antacids or medicines that slow digestion. The doctor may advise a change in your child’s medicine dose or schedule before the test.
- Prescription or over-the-counter medicines, vitamins, supplements or herbs your child takes.
- Implanted medical devices your child has, such as a pacemaker or pump.
- Past stomach surgery or problems, such as a bowel obstruction.
- Swallowing problems.
- Chronic health conditions, such as a seizure disorder or diabetes. Your child’s doctor will talk with you about what to do with any medicines your child takes for these disorders.

What do I do before the test?

Your child’s doctor will talk with you about specific care for your child. Some guidelines include these eating and drinking times to help prepare the small bowel:

Time before the test	Preparation
After lunch the day before	Start the liquid diet your child’s doctor prescribed. This helps to prepare the stomach for better video results.
At bedtime (10 p.m.) the night before	Do not give your child anything to eat or drink, except sips of water with any needed medicines. This helps to empty the stomach for better video results.

How should I prepare my child?

School-age children have good imaginations and may frighten themselves by imagining something much worse than the actual test.

- One or 2 days before the test, tell your child they are going to the hospital to have some “pictures” taken of their body.
- Use simple words. Be honest with your child, and explain exactly what will happen.
- Let your child know that you will stay with them as much as possible during the test.
- When you come to the hospital, bring along a favorite screen/tablet, book, toy or game.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

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What will the test be like?

- A GI Lab nurse will review the test with you and your child. The nurse will also check your child's health history.
- The DataRecorder looks like an electronic device and saves the pictures. Your child will wear it around their waist during the test. You can loosen it when your child goes to the bathroom.
- The nurse will give your child a glass of water to swallow the capsule. The capsule is the size of a large vitamin pill.
- After this, the GI Lab nurse will give special instructions to you and your child, as well as the time and place to return the DataRecorder.

What happens after my child swallows the capsule?

Your child's nurse will let you know when to return to the GI Lab or hospital and will also give you instructions about when your child can eat and drink.

How long does the test last?

The test lasts about 8 hours. During this time:

- Please handle the DataRecorder, recorder belt, SensorArray and battery pack with great care.
- Do **NOT** expose any of it to shock, vibration or direct sunlight. This could lead to a loss of information. Your child may need to repeat the test if that happens.
- Do not get the box wet or bump it against anything.
- **It is normal for the DataRecorder to feel warm while your child wears it.**
- During this time, you will also fill out an "Event Form." Your child's nurse will talk with you about how to complete the form.
- During the test, your child may **NOT**:
 - Play rough.
 - Ride a bike.
 - Do anything strenuous in the way of exercise or activity.

NOTE: Your child should **NOT** have a special X-Ray called an MRI (magnetic resonance imaging) while the capsule is inside of their body. It may cause serious damage to your child's intestines or stomach.

What happens next?

- 8 hours **after** your child swallows the capsule – follow the instructions given to you by the GI Lab nurse.
- Return the "Event Form" to the GI Lab staff at this time as well.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

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When should I call the GI Lab?

Call the GI Lab **right away** if the small light on top of the DataRecorder stops blinking **2 times every second**. Write down the time of day and what your child was doing when the light stopped blinking. This might include eating, drinking, activity and any unusual sensations.

When do I get the results?

After the recording is complete, your child's doctor will:

- Review the information from the DataRecorder.
- View the pictures taken by the PillCam SB capsule.

After this, your child's doctor or the doctor's nurse will call you with the results. This most often happens within 5 to 7 business days.

NOTE: If your child's gastroenterologist has not called within 7 to 10 business days, please call the office.

When should I call my child's doctor?

Call your child's stomach doctor **right away** if your child:

- Does **NOT** pass the capsule in their stool within 5 days.
 - Check your child's stool carefully to make sure the capsule has passed.
 - **DO NOT** try to remove the capsule yourself. Your child's doctor will talk with you about what is needed to remove it.
- Has any nausea, stomach pain or vomiting (throwing up) within 1 to 2 days after the test.

This teaching sheet contains general information only. Talk with your child's doctor or a member of your child's healthcare team about specific care of your child.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.