

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, also called the small intestines, 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. This test does.

Why does my child need it?

It can help your child's gastroenterologist (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 it work?

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

- Your child will swallow the capsule like they swallow other pills.
- The capsule goes through the GI tract.
 - It sends pictures of the small bowel to a DataRecorder for about 12 hours.
 - The DataRecorder saves the pictures.
 - 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. 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 instructions.

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

Before you prepare your child for the test, talk with the doctor about:

- Medicines your child takes for stomach problems. This includes 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.

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- 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 conditions.

What do I do before the test?

The 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	What to do
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. They may scare 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, and tell the truth. Explain exactly what will happen.
- Let your child know that you will stay with them as much as possible.
- Bring a favorite book, toy, game or tablet.

What will the test be like?

- A GI Lab nurse will talk about the test with you and your child. The nurse will also check your child’s health history.
- Your child will wear the DataRecorder on a recorder belt around their waist.
 - The DataRecorder looks like an electronic device and saves the pictures.
 - You can loosen the belt 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.

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What happens after my child swallows the capsule?

Your child's nurse will talk with you about:

- Special instructions for you and your child.
- How to complete an "Event Form."
- When your child can eat and drink.
- When to return to the GI Lab or hospital. They will tell you the time and place to return the DataRecorder.

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 let the box get wet or bump against anything.
- **It is normal for the DataRecorder to feel warm while your child wears it.**
- Fill out the "Event Form."
- Your child may **NOT**:
 - Play rough.
 - Ride a bike.
 - Be very active with exercise or other activity.
- Check your child's stool carefully to make sure the capsule passes.

NOTE: Your child should **NOT** get an MRI (magnetic resonance imaging) while the capsule is inside their body. It could 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.

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 or 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.

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- Look at the pictures taken by the 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 stomach doctor?

Call the doctor **right away** if your child:

- Does **NOT** pass the capsule in their stool within 5 days.
 - **DO NOT** try to remove the capsule yourself.
 - Your child's doctor will talk with you about what to do.
- 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.