

## Video Capsule Endoscopy (VCE) - PillCam

### An examination of the small intestine - Plenvu

#### What is a video capsule endoscopy?

A video capsule endoscopy is a procedure that requires the patient to swallow a small capsule that will take photos of the small bowel as it naturally passes through. You will wear a sensor belt and data recorder to capture the images.



#### Why do I need to have a capsule endoscopy?

You have been advised to undergo this investigation to help find the cause of your symptoms and, if necessary, to decide on further investigations and treatment.

#### Nurse assessment

A specialist nurse will contact you to take a full medical history from you. They will explain the procedure and answer any questions you may have. You should inform the nurse of:

- any medications you take.
- a presence of any pacemaker.
- previous abdominal surgery.
- swallowing problems.
- previous history of obstructions in the bowel.

Please also let us know if you are diabetic at least a week in advance of your appointment.

#### How do I prepare for the procedure?

To allow a clear view, the colon must be completely empty of faeces (poo). You will need to take an oral bowel preparation (prep) the day before the procedure to allow the best possible views of the small bowel. It is important that the full amount of bowel prep is taken to allow good views of the small bowel. You are also required to have nothing to eat just before starting the bowel prep,

however clear fluids may be taken freely until midnight, such as water or apple juice (please see page 5 for more information). After this you will be asked to have nothing at all. The nurse will provide you with step by step instructions to follow.

## How long does the test take?

The test takes 8-9 hours from the time the capsule is swallowed. You will attend the Endoscopy Unit in the morning to swallow the capsule and will need to return to the unit 8 hours later, usually between 4pm and 4.30pm, to have the data recorder and sensor belt disconnected. The images recorded during your exam will be downloaded to a computer and evaluated.

After ingesting the capsule and until it is passed, you should not have Magnetic Resonance Imaging (MRI) - a scan that uses magnetic and radio waves for imaging. You will normally pass the capsule naturally in your bowel motion a day or two after your test.

## When will I know the results of the capsule endoscopy?

A report will be put in your medical notes ready for your follow-up appointment. If earlier action is required, you will be contacted by the hospital.

## What are the possible complications of PillCam?

Complications may occur, but they are rare.

- If you experience nausea, vomiting or increasing abdominal pain after the test, call the Endoscopy Unit immediately if it is in working hours, or go to your nearest Emergency Department out of hours.
- If there is any narrowing or blockage in the bowel the capsule may become stuck, this is rare and may require a surgical operation to remove it.
- If the capsule has not passed completely through the small bowel, it may mean a second test is required.
- It is also possible to inhale the capsule into the lungs. Again this is very rare and not a common occurrence.

## Patency Capsule

Some patients will require a patency capsule. This is a “dummy run” prior to a video capsule endoscopy. This helps us identify patients who have a higher risk of retention of the capsule and identify any blockages in the bowel. The patency capsule consists of dissolvable components.

- It is important that you do not eat after midnight before your appointment and do not take your morning medication.
- You will be asked to attend the Endoscopy Unit. The specialist nurse will ensure you understand the procedure and ask you to sign a consent form. You will then be asked to swallow the capsule with water.
- Once you have swallowed the patency capsule you are able to continue with a normal diet.
- The following day you will be asked to attend the Radiology Department for an X-ray to see if you have passed the capsule. If you pass the capsule successfully, you will be advised to go ahead with the video capsule endoscopy.
- If the patency capsule is retained within your body, the doctor may recommend additional tests. If this is the case, the capsule endoscopy will **NOT** go ahead.

# Plenvu

## What is the medicine 'Plenvu' used for?

Plenvu sachets have been prescribed to empty your bowel prior to the capsule endoscopy.

- The pack consists of three sachets: dose 1, and dose 2 (sachets 'A' and 'B').
- Plenvu is a powerful laxative and you need to take **all** of the bowel preparation for it to be effective.
- **Do not use Plenvu** if you are pregnant or breastfeeding, or allergic to any of the ingredients (please refer to the manufacturer's leaflet for the ingredients).
- If you are frail or elderly it is advised that you have someone with you once you start taking your bowel preparation.

## Mixing instructions

- Mix **dose 1** with 500mls of water. Stir until dissolved and aim to drink the total amount (sipping slowly) within 60 minutes. Please drink a further 500mls of clear fluid.
- Allow a 1-2 hour break and then prepare **dose 2** (sachets 'A' and 'B') in 500mls of water. Stir until dissolved and then sip slowly over 60 minutes. Please drink a further 500mls of clear fluid.

## Effects of Plenvu

- Very soon after taking the preparation, or within a few hours, you will experience diarrhoea. You may get some stomach cramps, dizziness, nausea or vomiting, or a sore bottom. Do not go out but stay close to the toilet. These feelings should ease but may not completely go. **Continue to drink clear fluids.**
- It is advisable to use a barrier cream around your bottom, e.g. Vaseline, white paraffin etc., to help prevent soreness.
- **If you have a stoma bag**, your stoma output will increase with the bowel preparation. You are advised to stay close to toilet facilities and have plenty of spare stoma equipment. Please call your stoma team to provide the right equipment before you start to take the preparation.

## Other Medication

- All medications are to be omitted (not taken) on the morning of the procedure unless you have been advised otherwise by the capsule nurse, in which case, you are advised to take your medication 1 hour before or 1 hour after taking Plenvu.
- On the day you start to take the Plenvu, do not take your diuretics (water tablets) as you may become dehydrated.
- If you are taking the oral contraceptive pill, you will need to take extra precautions.

**The next page is extremely important and contains instructions of when to start taking the bowel preparation.**

## Instructions of when to start taking the bowel preparation

We suggest you highlight or mark the day of your appointment and follow the relevant line across the page:

| Appointment Day (AM)                                                                                                                   | 4 Days Before | 3 Days Before                        | 2 Days                                                                                                             | Day Before                                                                                                                                                                                                                                                                                                                                                                                                                                             | Procedure Day                                                                                                       |
|----------------------------------------------------------------------------------------------------------------------------------------|---------------|--------------------------------------|--------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|
| Monday                                                                                                                                 | Thursday      | Friday                               | Saturday                                                                                                           | Sunday                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Monday                                                                                                              |
| Tuesday                                                                                                                                | Friday        | Saturday                             | Sunday                                                                                                             | Monday                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Tuesday                                                                                                             |
| Wednesday                                                                                                                              | Saturday      | Sunday                               | Monday                                                                                                             | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                | Wednesday                                                                                                           |
| Thursday                                                                                                                               | Sunday        | Monday                               | Tuesday                                                                                                            | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                              | Thursday                                                                                                            |
| Friday                                                                                                                                 | Monday        | Tuesday                              | Wednesday                                                                                                          | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                               | Friday                                                                                                              |
| Saturday                                                                                                                               | Tuesday       | Wednesday                            | Thursday                                                                                                           | Friday                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Saturday                                                                                                            |
| Sunday                                                                                                                                 | Wednesday     | Thursday                             | Friday                                                                                                             | Saturday                                                                                                                                                                                                                                                                                                                                                                                                                                               | Sunday                                                                                                              |
| <p><b>7 days before</b> your procedure stop taking any iron tablets or vitamin tablets containing iron until after your procedure.</p> |               | <p>Eat and drink normally today.</p> | <p>Take a <b><u>low residue</u></b> diet today.</p> <p>See additional advice on page 5 about low residue diet.</p> | <p><b><u>Low residue</u></b> breakfast and lunch.</p> <p><b>No solid food after lunch.</b></p> <p><b><u>Clear fluids</u></b> may be drunk freely.</p> <p><b>3pm – Prepare Plenvu as instructed (dose 1)</b><br/>Drink/sip the Plenvu over 60 minutes.</p> <p><b>5pm:</b> Make up dose 2, sachet 'A' and 'B'.<br/>Drink/sip it over 60 minutes.</p> <p><b>Drink an additional 500ml of water or clear fluids with <u>EACH</u> 500mls of Plenvu.</b></p> | <p><b>No food or Drink.</b></p> <p>You will be advised when you can eat and drink after swallowing the capsule.</p> |

# Low Residue Diet - Some suggestions for meals

## Breakfast

- Cornflakes, rice krispies and milk. Natural plain yogurt.
- Seedless white bread or toast with butter or low fat spread, jam without seeds and rindless marmalade.
- Boiled egg on white toast.

## Lunch

- White bread sandwich with low fat spread or butter with fillings of cheese, ham, tuna, with seedless mustard.
- Clear soup with white bread. Tofu.

## Dinner

- Plain white pasta, noodles, chicken or any grilled meat, Quorn.
- White rice, poached fish.
- Egg and bacon quiche.
- Mashed, boiled or roast potatoes.

## Do not eat:

- Wholemeal bread, cakes and biscuits, wholemeal flour (in cooking).
- Wholemeal pasta, high fibre white breads.
- High fibre cereal, e.g. Wheatbran, Allbran.
- Wheatgerm, muesli, oatmeal and Weetabix.
- Pulses, fruit, e.g. figs, prunes, dates, blackberries, grapes, pears and tomatoes.
- Vegetables, e.g. broad beans, peas, butter beans, baked beans, brussel sprouts, celery and skin of the potato.
- Dried fruit and nuts, e.g. sesame seeds, sunflower seeds, almonds, hazelnuts, peanuts and brazil nuts.
- Jams and marmalade containing seeds and peel.

## Please drink plenty of clear fluids as required until your procedure

### Clear fluids are:

- Clear fruit juice/cordials (except red or purple coloured juices).
- Fruit squash.
- Black tea or coffee.
- Clear soup.
- Bovril, Oxo.
- Fizzy drinks (i.e. lemonade, cola, Lucozade).

**If you are unsure about anything, please contact us.**

**Your procedure could be cancelled if you have not followed the instructions properly.**

## Additional information

To view the Lister and New QEII site maps for navigating your way around our hospitals, please visit our Trust website - [www.enherts-tr.nhs.uk](http://www.enherts-tr.nhs.uk)

## Useful contact details

### East and North Hertfordshire NHS Trust:

- Website [www.enherts-tr.nhs.uk](http://www.enherts-tr.nhs.uk)
- Telephone 01438 314333

### Video Capsule Endoscopy Nurses:

- Telephone 01438 285767
- Email: [ibdhelpline.enh-tr@nhs.net](mailto:ibdhelpline.enh-tr@nhs.net)

**Please call the number above for any enquires about this service.**

## Leaflet information

**You can request this information in a different format or another language; please speak to your doctor or nurse.**

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