



Rhaglen Endosgopi  
Cenedlaethol  
National Endoscopy  
Programme



## Colon Capsule Endoscopy



### Patient Information Booklet Bowel Preparation Guidance

Version: 1  
Date Published: August 2022

## Preparing for your Colon Capsule Endoscopy

Please follow these preparation instructions very carefully. It is important that you do not eat or drink anything that is not in the instructions.

### **Bowel Preparation Summary**

#### 3 Days before the Colon Capsule Endoscopy Test

You need to start helping your bowel to get as clean as possible for your test by taking medications **that soften your stools**

You start eating a **LOW FIBRE DIET** (see page 4-5 below) avoiding certain foods that can leave behind waste in your bowel, and it will help to make your bowel cleaner for the test.

#### Day before the Colon Capsule Endoscopy Test

You have a **CLEAR LIQUID DIET** (see page 6 below) A clear liquid diet helps to stop any more waste being collected in your bowel. It also helps to keep you hydrated and nourished the day before your test.

We know you're going to feel hungry at some point that day, but please stick with this diet, it really will help the capsule get clear pictures during your test.

and take the **1<sup>st</sup> dose of the bowel cleansing laxatives**

#### Morning of the test

You can have **NO FOOD** that morning.

You take the **2<sup>nd</sup> dose of the bowel cleansing laxatives** and keep drinking water until 1 hour before the test.

## Specific Patient Instructions

<b>Patient name:</b>	<b>Please arrive at endoscopy reception at:</b>
<b>Date of examination:</b>	

- **On 3 DAYS before your test**

You need to start helping your bowel to get as clean as possible for your test by taking medications that soften your stools (poo).

Drink at least 10 glasses of fluids during the day (preferably water). You can eat foods that are **LOW FIBRE DIET (Green food column)**.

Food Group	Foods you CAN eat	Foods you should NOT eat
Bread, Pasta & Cereals	White bread, bagels, plain scones, and crackers Nan bread, plain chapattis, and paratha Plain biscuits such as shortbread and rich tea Sponge cake or pancakes made with white flour Cereal such as Rice Krispies, Cornflakes, frosted flakes White rice, white pasta, noodles, couscous	Wholemeal, granary or rye bread/crackers Wholemeal chapatti and paratha Bakery items which include fruit, nuts, or seeds Wholemeal/ whole grain baked goods such as flapjacks or wholemeal scones Digestive biscuits, health bars, wholemeal crackers Whole grain cereals such as porridge, Weetabix, Shreddies, bran flakes, muesli, granola Brown, red, or wild rice Wholemeal pasta, noodles Couscous, quinoa
Fruit & Vegetables	Tinned or ripe fresh fruit without skins or seeds Smooth coconut milk	Any fruit skins, stalks, seeds, and stones Any dried fruit Any vegetable stalks, skins, seeds, and peel

Dairy	<p>Sieved tomato sauces, including passata and tomato puree Strained vegetable juices Mashed potato, baked potato with skin removed Chips</p> <p>Custard, ice cream and milk puddings such as tapioca or sago but with no dried fruit or nuts Cheese, cheese spread, cream cheese, plain cottage cheese Yoghurt with no dried fruit, nuts, or muesli Eggs</p>	<p>Potatoes with skin Raw vegetables, skin, and pips Pulses such as all types of beans (including baked, kidney and butter beans), peas, lentils, chickpeas, sweetcorn Nuts</p> <p>Ice cream containing fruit or nuts Cheese containing fruit, seeds, or nuts Cakes, puddings, and pies containing wholemeal flour, whole grains, dried fruit, nuts, dried coconut</p>
Meat, Fish and Alternatives	<p>Any well-cooked red meat, chicken, and turkey (not fatty or gristly and no skin) Fish (skin and bones removed) Tofu/Soya</p>	<p>Gristly and fatty meat, tough skin, fish skin and bones Sausages Quorn and soya beans Cured meats with seeds e.g., salami</p>
Other foods	<p>Smooth or sieved soup Sugar, honey, golden syrup, lemon curd, jelly jam (no seeds, pips, or skins) Jelly Boiled sweets, plain toffee, caramels Plain or milk chocolate Gravy, tomato sauce, soy sauce</p>	<p>Soup with chunks such as minestrone, broth, lentil soup, chowder Jam or marmalade with skin, peel, or pips Chocolate, toffees or caramels with dried fruit, nuts, or seeds Fig rolls, flapjacks, or digestive biscuits Wholegrain mustard, pickles, or relish</p>

	Pepper, salt, herbs, and spices (in moderation) Plain crisps	Hummus, coleslaw Popcorn, corn chips Salad dressings with seeds
Drinks	Smooth (no bits) fruit and vegetable juices Milk and milk substitutes Water, soft drinks, weak tea and coffee, herbal tea	Fruit and vegetable juices with pulp (bits), prune juice Smoothies

Any foods not on the **GREEN** list must be avoided otherwise your bowel will not be clean and the capsule will not be able to take clear photos. We may alter this list depending on some medical conditions.

• On **1 DAY before your test**

- **DO NOT** eat any solid food but remain on a **CLEAR LIQUID DIET ALL DAY (Green column)**

What you CAN have:	What you CAN'T have:
Water (still, sparkling or flavoured) Smooth fruit juices (no pulp or bits) such as apple or white grape juice (if you can see through the glass, you can have it) Fizzy drinks (no red or purple drinks) Weak black tea or coffee (no milk, cream, or milk substitute) Fruit or herbal teas (but nothing red or purple) Clear soups, clear fluid from broths or stock cubes Honey dissolved in hot water Jelly (but nothing red or purple) Hard-boiled sweets (nothing red or purple) Flavoured water ice lollies (nothing red or purple)	Everything else (sorry)

**If you have diabetes which is usually well controlled**, your diabetes specialist nurse or team should discuss and advise you on the appropriate steps to take. Please contact them on an existing contact number you have for them, or the endoscopy team can provide a local contact number.

A clear liquid diet should consist of clear liquids that provide approximately 200 grams of carbohydrate spread equally throughout the day to help manage blood sugar.

Blood sugar levels should be monitored and the transition to solid foods should be done as quickly as possible after the test.

- **Make up your 1<sup>st</sup> dose of bowel cleansing laxatives in the morning** (according to instruction leaflet and keep refrigerated).
- **At \_\_\_\_\_ (pm) Start to drink the 1<sup>st</sup> dose of the bowel cleansing liquid** aiming for a cupful every 10- 15 minutes. When you have finished drinking the solution, drink a further 1 litre of water. **You will need to drink the entire amount within 2 hours.**
- **On \_\_\_\_\_ the day of your test**
  - **Starting at 7am until 8.30am you will need to drink the 2<sup>nd</sup> dose of bowel cleansing liquid**, aiming for a cupful every 10- 15 minutes. When you have finished drinking this, **drink a further 1 litre of water. Again, you must aim to drink the entire amount within 1.5 hours.**

**When this is finished then you must not eat or drink anything until instructed at the hospital. Please then make your way to the Endoscopy Unit at:**

**[Hospital Name: \_\_\_\_\_]**

## Acknowledgements

This guidance was developed through consultation with the Colon Capsule Endoscopy Working Group and draws upon documents produced and kindly shared by colleagues in NHS England and NHS Scotland, following the development of their own pilot CCE services.

## Key Contacts

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