



SCOTCAP
Scotland's Colon
Capsule Endoscopy Service



Introduction

This leaflet provides you with information about a new test in Scotland called a colon capsule endoscopy (ScotCap). This test is for patients who need to have an examination of their large bowel (colon).

You may already have had a chat with your GP or consultant when they told you about this test or this could be the first time you have heard that you are suitable for this type of test.

This leaflet will provide you with information about the test and answer some questions you may have. It will help you decide whether or not to have a colon capsule endoscopy.

Why would I have this test?

There are a number of reasons why you may need an examination of your large bowel (colon):

- **You have symptoms like a change in your bowel habit or blood in your stool (poo).**
- **You require a test to check for bowel diseases which you may be at risk of developing.**
- **You may have been referred for this test because you were unable to have a colonoscopy.**

What is a colon capsule endoscopy?

The colon capsule endoscopy has been specially designed to examine the large bowel (colon). Your bowel takes away the waste your body does not need.



The large bowel is normally checked by a colonoscopy test – this is done using a thin flexible tube with a camera on the end. The tube is inserted into your bottom and goes round the large bowel. Instead of a colonoscopy, you are being offered a colon capsule endoscopy, which is also called the ScotCap test.

The ScotCap test is a capsule which you swallow, and it has 2 tiny camera's. The cameras take pictures of the lining of the bowel to look for any problems or signs of disease.



What does the ScotCap test involve?

Before the test

For this test to work well your bowel needs to be very clean so the cameras get the best pictures.

- For a few days before your test you will be asked to change your diet, and to have only the type of food and drinks which help soften your stools (poo).
- You will need to take some strong laxatives on the day before your test and again on the morning of the test.



On the day of the test

- You will be asked to attend an appointment at a clinic close to your home.
- Your appointment will last around 30 minutes.
- A trained nurse will check you are ready to start the test.
- The nurse will fit you with a special belt and recorder which you can wear like a shoulder bag
- You will be given the capsule to swallow.
- The recorder will capture the pictures of your bowel which are sent wirelessly from the capsule.
- You can then return home.

When you are back at home

- You wear the belt and recorder at home during the whole test which lasts around 6 hours.
- Throughout the day of your test you will be asked to take more laxatives which act as a “booster” to help move the capsule through your bowel.
- The capsule will normally pass out of your bowel in the evening before you go to bed, and will just be flushed safely away down the toilet.
- A suppository will be given to you (at the clinic) which can be used if needed to help the capsule pass. This is inserted into your bottom.

What happens after my test?

- The day after the test you will be asked to return the belt and recorder to an agreed drop off point.
- The pictures from your test are uploaded from your recorder once it is returned.
- These pictures are then made into a video which is looked at by a trained doctor.
- A report of your test is sent to your doctor
- Your doctor will review this and discuss the results with you.

Will I need another test after my colon capsule endoscopy?

Your consultant will decide whether you need another test based on your ScotCap report.

For patients who may need another test, this is usually for one of these reasons:

- **To investigate something the capsule has found.**
- **The bowel was not clean enough for the camera to record good pictures.**
- **The capsule did not make it all the way around the large bowel before the battery ran out.**

This further test may be a colonoscopy, or a shorter camera test called a flexible sigmoidoscopy. These tests are usually needed to either treat something found by the capsule or to take a sample from the lining of the bowel to get a diagnosis.

A follow up test may be done urgently depending on what is found on the ScotCap report.

Are there any risks or complications with the ScotCap test?

Most patients who decide to have a ScotCap test have no problems.

If there is a problem, it is usually because of the laxatives you take before the test. The strong laxatives can cause a few patients to be sick and become dehydrated. If this does happen, you will feel better once you stop taking the laxatives.

Complications related to the capsule itself are rare. A very small number of patients may have some difficulty swallowing the capsule, but you will be asked about any issues with swallowing before you start your test.

What if the capsule doesn't pass through the bowel at the end of the test?

- It may just be delayed and this is nothing to worry about.
- The capsule might get stuck on a narrow section of the bowel – if this happens then that is usually an answer for why the test was needed.
- The capsule very rarely causes any blockage which needs further treatment.

Following the test, you cannot have an MRI test unless the capsule has been passed. If there is any doubt about this, you might get an X-ray to show that the capsule has been passed.

Who cannot have the ScotCap test?

- Patients with pacemakers or internal electro-medical devices.
- Pregnant women should not have this test.
- Patients who take insulin for their diabetes.

How does my ScotCap test get arranged?

If you have already agreed to have this test.

You will have spoken to a hospital doctor about this and the hospital will have passed on your details to the ScotCap team. The team will contact you soon to arrange an appointment for your test.

If you have not yet agreed to have the test.

You should have received a letter with this leaflet. There will be a contact telephone number on the letter. Please call us on that number to confirm if you want a ScotCap test. Your details will then be passed on to the ScotCap team and they will contact you to arrange your test.

Once your test has been booked you will receive another booklet from the ScotCap team with all the details you will need to know.

When the ScotCap team contact you they will discuss with you all the information about the test and answer any questions you might still have.

If you decide at any time that you do not want to go ahead with the test it is important that you let us know. Please contact us using the number on the letter you got with this leaflet.

Frequently Asked Questions

1. Will the test hurt?

No. The procedure is painless.

2. Can I drive to and from the clinic for my test?

Yes. There are no effects from the test which would stop you driving.

3. When can I get back to normal activities?

As soon as your test is finished. When the capsule has been passed, you can remove the belt and recorder and get back to normal activities.



Consent Form and Data Protection

Included with this leaflet there is a consent form for your colon capsule endoscopy procedure, also known as the ScotCap Test.

You should make sure you have read and understood all the information you have been given. Once you have decided to have the test, you are required to sign the consent form and bring it with you to your test appointment.

We are collecting anonymised data from all colon capsule endoscopy tests carried out in Scotland. This helps us to improve our service and ensure patients in Scotland continue to see benefits from this new technology.

We are also collecting anonymised images taken by the capsules. These will help with further research.

To carry out the procedure, the ScotCap managed service will need to access your medical records. They are not part of the NHS but have been contracted by the NHS to deliver the service. They will only access your medical notes if you agree to undergo the test.

How will my data be protected?

Any member of the hospital or ScotCap team who has access to your confidential information is bound by NHS Scotland confidentiality regulations and GDPR data protection legislation. GDPR is Europe's framework for data protection laws. These regulations started on 25 May 2018.

You can find more about data protection and the way NHS Scotland handles and stores personal data here:
www.nhsinform.scot/data-protection

Patient Notes:

Team contact details:

Please let us know if you require this information in another language or format.

You can also find information about the ScotCap test on the NHS Inform Website: www.nhsinform.scot/colon-capsule-endoscopy

