



## ENDOSCOPIA POR CAPSULA DE VIDEO

### Qué es una cápsula endoscópica de vídeo?

La cápsula endoscópica es un procedimiento que utiliza una pequeña cámara inalámbrica para toma imágenes de su aparato digestivo. La cámara endoscópica está situada dentro de una cápsula de tamaño vitamínico que usted ingiere. A medida que la cápsula viaja a través del tracto digestivo, la cámara toma miles de imágenes que se transmiten a una grabadora que usas en un cinturón.

La cápsula endoscópica ayuda a los médicos a ver dentro del intestino delgado—un área que no se alcanza fácilmente con procedimientos endoscópicos más tradicionales. La endoscopia tradicional consiste en pasar un tubo largo y flexible equipado con una cámara de video en la garganta o a través del recto. La cápsula endoscópica es generalmente iniciada en el consultorio de su médico.

La endoscopia de cápsulas a veces se denomina enteroscopia de cápsulas o endoscopia del intestino delgado.

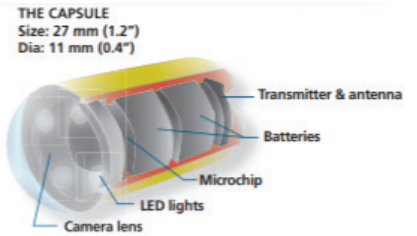
### Por qué se hace?

La cápsula endoscópica ayuda al médico a ver el interior del intestino delgado. El intestino delgado, localizado entre el estómago y el colon, puede ser difícil de alcanzar con la endoscopia e imágenes tradicionales.

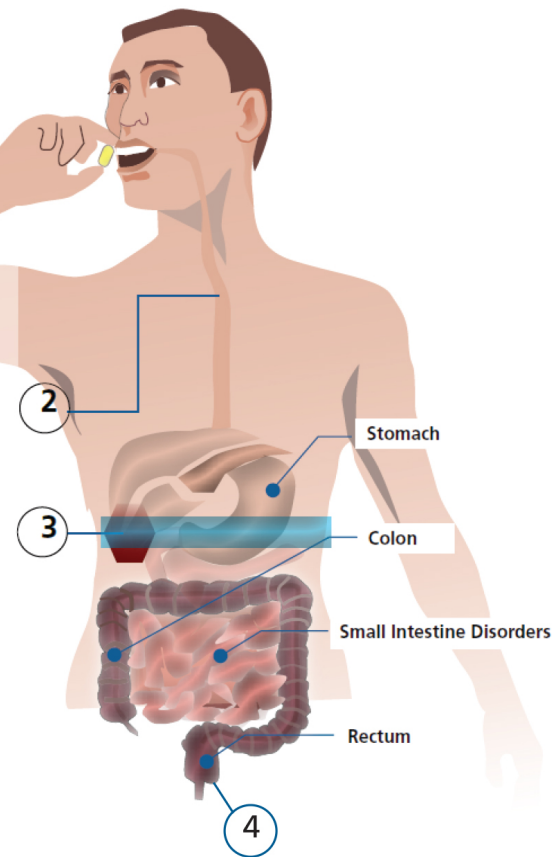
### Situaciones en las que su médico podría Recomendar una cápsula endoscópica

#### Incluyen:

- Sangrado gastrointestinal. La cápsula endoscópica puede ayudar a su médico a encontrar la causa de la hemorragia gastrointestinal si otros exámenes y procedimientos no han sido concluyentes.
- Enfermedad de Crohn. La cápsula endoscópica puede revelar áreas de inflamación en el intestino delgado que pueden ayudar a su médico a diagnosticar enfermedades intestinales inflamatorias, como la enfermedad de Crohn.
- Cáncer. La cápsula endoscópica puede mostrar tumores en el intestino delgado o en otras partes del tracto digestivo.
- Enfermedad celiaca. La cápsula endoscópica se utiliza a veces para diagnosticar y vigilar la enfermedad celiaca.
- Pólipos. Las personas que tienen síndromes hereditarios que pueden causar pólipos en el intestino delgado ocasionalmente pueden someterse a una cápsula endoscópica para detectar pólipos.
- Pruebas de seguimiento después de radiografías u otras pruebas de diagnóstico por imágenes. Si los resultados de una radiografía u otra prueba de diagnóstico por imágenes fueron inusuales o no claros, el médico puede recomendarle una cápsula endoscópica como prueba de seguimiento.



1. El ayuno es necesario antes de tragar la cápsula
2. La cápsula se desliza suavemente a través del tracto digestivo.
3. El registrador inalámbrico llevado en un cinturón recibe señales transmitidas por la cápsula a través de sensores colocados en el cuerpo del paciente.
4. La capsula naturalmente se elimina.



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## RISK?

Capsule endoscopy is a safe procedure that carries few risks.

In most cases, the capsule that contains the tiny camera will leave your body when you have a bowel movement later in the day or within several days. In rare cases, the capsule can become lodged in your digestive tract.

The risk is thought to be small — about 1 percent of people undergoing capsule endoscopy may experience capsule retention. Put another way, this means that for every 100 people who undergo capsule endoscopy, 1 person might still retain the capsule after two weeks. The risk may be slightly higher in people known to have Crohn's disease.

If the capsule hasn't yet passed in a bowel movement and you're not experiencing any signs and symptoms due to capsule retention, your doctor may wait to see whether the capsule will eventually leave your body on its own. Capsules causing signs and symptoms that indicate bowel obstruction must be removed. Depending on where the capsule is stuck, you may need to undergo surgery to remove the capsule. The capsule may also be retrieved using a traditional endoscopy procedure, which involves inserting a long, thin tube equipped with a camera down your throat or up through your rectum.

## HOW YOU PREPARE:

To prepare for your capsule endoscopy, your doctor may ask that you:

- 1) Stop eating at least 8 hours before your capsule endoscopy. To ensure that the camera will capture clear images of your digestive tract, your doctor will ask you to fast before the procedure.
- 2) Stop or delay taking certain medications. In some cases, your doctor may ask that you stop taking certain medications. In other cases, your doctor may ask that you take your medication two hours before or after you swallow the capsule that contains the camera. That way, your medication won't interfere with the camera.
- 3) Plan to take it easy for the day. In most cases, you'll be able to go about your day after you swallow the capsule that contains the camera. But you'll likely be asked not to do any strenuous exercise or heavy lifting. If you have an active job, ask your doctor whether you can go back to work the day of your capsule endoscopy.

In some cases, your doctor may ask you to take a laxative preparation prior to your capsule endoscopy in order to flush out your small intestine. This has been shown to improve the quality of the pictures collected by the capsule's camera.

Follow your doctor's instructions in preparing for your capsule endoscopy. Failure to follow the directions may mean your capsule endoscopy may need to be rescheduled.

## WHAT YOU CAN EXPECT DURING A CAPSULE ENDOSCOPY:

On the day of your capsule endoscopy, your health care team will meet with you to review what will be done during the procedure. You may be asked to remove your shirt so that several adhesive patches can be attached to your abdomen. Each patch contains an antenna with wires that connect to a

recorder. Some devices don't require the patches attached to your skin. You wear the recorder on a special belt around your waist. As the camera capsule passes through your intestine taking pictures, the images are transmitted to an antenna on your abdomen, which feeds the data to the recorder. The recorder collects and stores the images.

Once the recorder is connected and ready, your health care team will give you a glass of water and instruct you to swallow the camera capsule. The capsule is about the size of a large vitamin pill. A slippery coating makes it easier to swallow.

You may feel the capsule as you swallow it. But once it has passed beyond your throat, you won't feel it as it moves through your body.

You'll then be allowed to go about your day. You can drive and you may be able to go back to work, depending on your job. Your doctor will discuss any restrictions with you. For instance, you may be asked to avoid strenuous exercise or any activity that disrupts the recorder.

## AFTER THE CAPSULE ENDOSCOPY:

Wait two hours after you swallow the capsule to resume drinking clear liquids. Four hours after you swallow the capsule, you can have a light lunch or a snack. The capsule will be far enough along in your digestive system that eating and drinking won't interfere with the pictures.

The capsule endoscopy procedure is complete after eight hours or when you see the camera capsule in the toilet after a bowel movement, whichever comes first. Remove the antenna patches and the recorder. Pack them in a bag and follow your doctor's instructions for returning the equipment.

You don't need to collect the camera capsule — it can be safely flushed down the toilet.

Your body may expel the camera capsule within hours, or it may be expelled after several days. Each person's digestive system is different. If you don't see the capsule in the toilet within two weeks, contact your doctor. An X-ray may be done to see if the capsule is still in your body.

## RESULTS:

The camera used in capsule endoscopy takes thousands of color photos as it passes through your digestive tract. The images saved on the recorder are transferred to a computer with special software that strings the images together to create a video. Your doctor watches the video to look for abnormalities within your digestive tract.

It may take a few days to a week to receive the results of your capsule endoscopy. Your doctor will then share the results with you.