



## Patient information sheet on the use of video capsule endoscopy (VCE) of the digestive tract

Dear patient,

Video capsule endoscopy is used to diagnose the small intestine. A capsule is swallowed which continuously records a video. This video is sent to an external device, which stores it for later evaluation. The recording time is up to 12 hours. The capsule is transported by natural gastrointestinal activity. This effect can be enhanced by moderate movement (walking, no athletic activities) as well as chewing gum. The capsule is excreted naturally with the stool.

### Consent:

The preparation of the colonoscopy in your case is done with **Plenvu®**. **Plenvu®** contains 3 bags. **Portion 1**, with one pack no. 1 (the evening before), and **Portion 2**, with two packs no. 2A and no. 2B (in the morning), of a solution salt.

These bags, bag 1 (on its own) or 2A and B (together), are dissolved in 1/2 litre of still water (no other liquid) (**Plenvu: 1/2 l in the evening, 1/2 l in the morning + 0.5-1 l clear liquid *each***). Dissolving can take up to 8 minutes. Each serving should be taken within 30 minutes (1 glass every 10-15 minutes).

1. On the day before the examination bag 1:



2. On the day of the examination bags 2a and 2 b:



**On the day before the examination**, please do not eat any solid food after breakfast, I recommend a clear broth for lunch. You should also drink plenty of clear liquids throughout the day (especially still water, but also clear apple juice, sweetened tea or broth). **In the late afternoon (approx. 17 o'clock)**, you should drink the first portion of Plenvu (bag 1) within 30 minutes, only then drink 0.5-1 l clear liquid. Please do not drink milk or coloured juices with pulp (dark drinks such as coffee should not be drunk either)!

**On the day of the examination**, drink the 2<sup>nd</sup> portion of Plenvu (bags 2a and 2b) in the **early morning about 3 hours before the examination**. Afterwards you should drink 0.5 - 1 l clear liquid within 30 minutes.



The last 2 hours prior to swallowing the capsule and in the first two hours afterwards, I am not allowed to drink anything. Later in the day, a clear liquid, preferably water, can be drunk. The first 5 hours after swallowing the capsule, no solid food may be eaten. I have also been informed that I should not take a shower, a bath, or do any heavy physical activities during the examination.

I was sufficiently informed about the procedure of a video capsule endoscopy and the type, purpose, and procedure of the examination, as well as the essential advantages, disadvantages, and risks, also in comparison to other methods of examination as well as the omission of the examination. In particular, I am aware that in very rare cases the VCE capsule may get stuck in the gastrointestinal tract in which case surgery may be necessary. With severe swallowing disorders (e.g. after a stroke), the capsule can enter the trachea. This complication is extremely rare and would result in the endoscopy of the airways.

I have been made aware of possible physical/emotional/professional complications of this examination. Special problems of mine personally were discussed in detail.

I have been given sufficient time to reflect. My questions were answered; further details were clarified as far as I wished. I assure that I have listed all ailments and complaints known to me in my medical history. I agree with the planned video capsule endoscopy.

Doctor's notes ..... for informational discussion: .....

Discussed were: the necessity of the examination, the choice of procedure, advantages and disadvantages compared to other methods, possible extensions of the examination, risks, complications, subsequent interventions, prospects of success, behaviour before and after the examination and individual characteristics:

.....  
.....  
.....

If I experience abdominal pain, vomiting or other symptoms after swallowing the video capsule, I will contact my doctor immediately.

Aachen,..... Signature: .....