

Patient information factsheet

Capsule sponge test aftercare advice

You have had a capsule sponge test today: _____.

This factsheet explains what to expect after your test. If you have any questions or concerns, please contact us using the details at the end of this factsheet.

Before you leave the endoscopy unit

Before you leave the endoscopy unit, we will give you:

- a copy of your consent form
- an advice sheet on what to expect after your test
- follow-up advice

Advice given by:

Nurse name: _____ Date: _____

Nurse signature: _____

Eating and drinking

You can eat and drink immediately after the test, unless we have advised you otherwise. However, you should avoid very hot drinks for the first few hours.

You should drink plenty of water.

If your throat is sore, we recommend eating soft foods.

Medication

You can resume your usual medications immediately after the test, unless we have advised you otherwise.

Side effects

After the test, it is normal to experience:

- a mild, sore throat for 24 to 48 hours
- occasional small streaks of blood in your saliva
- mild chest discomfort or acid reflux symptoms

Use over-the-counter pain relief medication such as paracetamol if needed (always read the instructions included with the medication before taking it).

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When to seek urgent medical help

Go to your nearest emergency department immediately if you experience:

- severe or persistent chest pain
- difficulty swallowing or breathing
- vomiting blood, persistent bleeding or black stools (poo)
- a fever (a high temperature of 38°C or above), rigors (shivering), or generally feeling unwell
- any difficulty eating or drinking

In an emergency, call **999** for an ambulance.

Please remember to take this factsheet with you.

Results

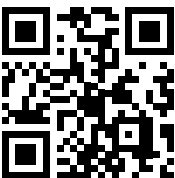
The laboratory will send your results to the doctor who referred you for the test. A member of your clinical team will then contact you, usually four to eight weeks after your test, to discuss your results and any further tests or treatment you may need. They will also send a copy of your results to your general practitioner (GP).

Follow-up care

If your results raise any concerns about the presence of Barrett's oesophagus or dysplasia (abnormal cells) in the cells affected by Barrett's oesophagus, we will arrange any necessary further tests for you.

Your feedback

Your feedback helps us to celebrate what's working well and identify where we need to improve. We would be grateful if you would take a moment to review the service you received while in our care. Please click this link or scan the QR code below to complete our short online survey: <https://gthr.co.uk/7902>



Contact us

If you have any questions or concerns while you are in the endoscopy unit, please speak to a member of the healthcare team caring for you.

If you have any non-urgent questions or concerns after you leave hospital, please contact your GP or the endoscopy unit for advice.

Endoscopy unit

Telephone: **07500 761793** (every day, 8am to 6pm)

Gastroenterology Barrett's oesophagus secretary

Telephone: **023 8120 4965** (Monday to Friday, 8am to 5pm)

Outside of these hours, please contact NHS **111** for advice.

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Useful links

www.heartburncanceruk.org/capsule-sponge-test

https://news.cancerresearchuk.org/shorthand_story/meet-the-capsule-sponge-test

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For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit **www.uhs.nhs.uk/additionalsupport**

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