

Cytosponge

Endoscopy Unit
New Cross Hospital and Cannock Chase Hospital

Introduction

You have been advised that you should have a test called Cytosponge.

This procedure may be undertaken at New Cross Hospital, Wolverhampton or Cannock Chase Hospital, Cannock. Your appointment may not be at the site closest to where you live, but will be the next available appointment based on how urgently your investigation needs to be done.

This leaflet tells you why you need the investigation, how to prepare for it and what to expect on the day and immediately afterwards. If you have any remaining concerns or queries when you have read the information, please telephone us on the number you will find towards the end of the leaflet.

What is a Cytosponge?

A Cytosponge allows the clinician to obtain cells from your oesophagus (gullet) which are then analysed in the laboratories.

A Cytosponge is a small capsule on a string. The capsule is a similar size to a vitamin tablet and is made from vegetarian gelatin. The capsule contains a sponge which is designed to collect a sample of cells from your oesophagus. This will then be tested to find out if there are any cells which are unexpected or abnormal.

Consent

You will be required to sign a consent form to give permission to have the test done. The consent form may be completed in clinic, or be sent to you with the appointment details. Please read all the information on the consent form.

Your clinician will explain the risks, benefits and alternatives where relevant before they ask for your consent. If you are unsure about any aspect of the procedure or treatment proposed, please do not hesitate to ask for more information.

If you have no questions please sign the consent form where indicated. If you do have any questions or concerns, please discuss these with the nurse, on arrival for the procedure, after which you will be invited to sign the consent form.

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

What are the benefits of the procedure?

The benefits of a Cytosponge include:

- Minimal invasive with greater tolerance compared to a gastroscopy (a gastroscopy is a camera test which involves a tube which is passed through the mouth into the gullet and stomach)
- For surveillance purposes reducing waiting times for a gastroscopy

What are the risks of having a Cytosponge?

Cytosponge is a very safe procedure. However, as with any procedure there is a small chance of side effects or complications.

- Most people do not have any difficulties swallowing the capsule but if you can not manage to do it, we will not continue with the test
- You may suffer from a sore throat which may last up till 48 hours after the procedure, if this occurs throat lozenges can be taken
- There is a small risk of bleeding, which may be more likely if you are on blood thinning medication
- There is an extremely small risk (less than 1/2000) that the string may become detached from the sponge, or it may be difficult to remove the sponge. If this happens it is not painful or dangerous, but you may require a gastroscopy to remove the sponge
- The Cytosponge may not always find all abnormalities. On very rare occasions, a serious abnormality might not be identified
- Sometimes the sample from the Cytosponge is insufficient. In this case the Cytosponge may be repeated on another day or a gastroscopy will be organised

Are there any alternatives to a cytosponge?

Cytosponge has been proven in clinical trials to be a simple, safe and effective way of diagnosing conditions related to the oesophagus (gullet) and is being used in your hospital for low risk patients as an alternative to gastroscopy.

If you decide not to have a Cytosponge test, then a gastroscopy will be offered, and you will be placed on a waiting list for this procedure.

What if I do not have a Cytosponge?

A Cytosponge has been recommended for you as you meet the eligible criteria for this test. If you do not have this procedure done, then an important disease may be missed. Alternative investigations can be done however these can be more invasive tests to undergo.

What should I expect before the procedure?

Your stomach must be empty during the Cytosponge. Please do not have anything to eat for 6 hours before your appointment.

You can drink water until 2 hours before your appointment.

What will happen on the day of the procedure?

When you arrive at the endoscopy unit please report to reception and you will then be asked to take a seat in the waiting area.

The clinician will call you into the office where there will be a chance to ask any questions you may have prior to the test. You will also have the opportunity to confirm the details on your consent form with the clinician.

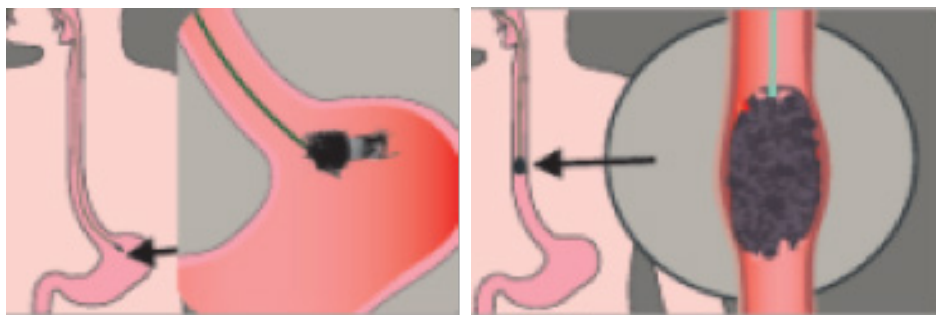
If you take anticoagulant tablets (such as Warfarin, Rivaroxaban, Dabigatran Apixaban or Edoxaban), or antiplatelet drugs (such as Clopidogrel, Prasugrel or Ticagrelor), or if you are a Diabetic, please telephone 01902 694191 (New Cross) or 01543 576736 (Cannock) and speak to a nurse, as we may need to alter your medication.

You can take all other medication as normal.

What will happen during the procedure?

You will be asked to take a seat in a comfortable position. You will then be asked to swallow the Cytosponge capsule and string with some water. The end of the string is attached to a piece of card which the clinician will hold.

It will take around 7½ minutes for the capsule to dissolve, releasing the sponge in your stomach. The clinician will then pull up the sponge by the string. This will only take 1 or 2 seconds and should not be painful, but you may feel like the inside of your gullet is being brushed. The sponge collects cells as it passes through your gullet.



You will be given the option to have a local anaesthetic spray into your throat which will numb the area before the sponge is removed, as some patients may find this step uncomfortable.

After your test, experts will look at the sample to see if you have any signs of changes to the cells in the oesophagus (gullet).

What will happen after the Cytosponge?

If you have had a local anaesthetic spray, you will have to wait 1 hour before you can eat and drink.

You can go home straight after your test is completed if you have not had the spray.

When will I receive the results?

The results of your test will be given to you either by telephone or by letter. We expect this to take around 6 weeks following your procedure.

If the Cytosponge tests identifies any abnormal cells, this indicates that there is some damage to the oesophagus which will require possible further investigation with a gastroscopy.

Training

The Royal Wolverhampton NHS Trust endoscopy unit is a regional centre for endoscopy training. You may be asked if you would be willing to be examined or have the procedure performed by a trainee.

All trainees are under the direct supervision of an expert trainer until they are fully competent; the clinician is there to ensure your safety and comfort. With your help it will be possible to train the specialists of the future.

Further information

If you require any further information, please contact us:

Endoscopy Booking Office

01902 694052

Monday to Friday, 8:30am – 4:30pm

Useful external Agencies:

Guts UK

The Charity for the Digestive System

3 St Andrews Place

London NW1 4LB

Tel: 020 7486 0341

Email: info@gutscharity.org.uk

<https://gutscharity.org.uk/>

PALS

(Patient Advisory & Liaison Services)

Patient Information Centre

New Cross Hospital

Wolverhampton, WV10 0QP

Tel: 01902 695362

email: rwh-tr.pals@nhs.net

www.pals.nhs.uk

Open: Monday – Friday, 9:00am – 5:00pm

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。