Information about your SeHCAT Scan

This leaflet provides information to patients undergoing a SeHCAT Scan.

What is a SeHCAT scan?

A SeHCAT Scan is a diagnostic procedure to determine how well your gut is able to absorb bile acids. Poor absorption of the bile acid can result in chronic diarrhoea. This investigation can assist in its diagnosis and help in making a decision about the best treatment for you.

How do I prepare for a SeHCAT Scan?

You may eat and drink prior to your appointment.
If you are taking the following medication to treat your symptoms please stop for the time stated.

<table>
<thead>
<tr>
<th>Medication</th>
<th>Stop taking:</th>
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<tbody>
<tr>
<td>Cholestyramine (Sequestran)</td>
<td>One day prior to your appointment and up to 7 days after. Please continue to take all other medicines prescribed to you.</td>
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<tr>
<td>Colestipol</td>
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<td>Colesevelam.</td>
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<td>Neostigmine</td>
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<td>Ioperamide</td>
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<td>Metoclopromide</td>
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<td>Cisapride</td>
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<td>Bethanol</td>
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Please also inform the Nuclear Medicine staff if you have had or are booked to have a colonoscopy. You must also declare if you are breast feeding or are (or think you could be) pregnant. This study may not be suitable for pregnant women because of the radiation dose to the growing fetus. Your doctor will advise you about this.

You will not be asked to change your clothes but will be requested to remove any jewellery around the abdominal area prior to the scan.

What happens during a SeHCAT Scan?

This will involve you attending the Nuclear Medicine Department for two appointments, 1 week apart:

- Day 1: On your first appointment you will be asked to swallow a small capsule with a glass of water. A scan will then be undertaken three hours later, which should take approximately 20 minutes.
- Day 7: On your second appointment you will only have a scan.

The amount of bile acid remaining after the second scan will determine whether or not you have Bile Salt Malabsorption.
Are there any side effects of a SeHCAT Scan?

The capsule and the scan will not affect you in any way. You will be able to drive, travel by public transport and return to work if necessary.

What are the risks of a SeHCAT Scan?

The amount of radiation that you will receive from this investigation will be incredibly small and it will gradually disappear with time. You will be advised to drink plenty of fluids and empty your bladder often. This assists the tracer to discard from your body quickly. You will not need to take any precautions.

Where is a SeHCAT Scan performed?

A SeHCAT Scan is only performed in the Nuclear Medicine Department which is situated in the X-ray Department. On arrival, please report to Reception.

Who can accompany me for the scan?

We would prefer that you do not bring more than one person with you.

When can I expect the results of my SeHCAT Scan?

The results of the scan will be sent to the doctor who requested the study. You will receive the results when you next attend your outpatient appointment.

If you have any further questions please do not hesitate to contact the Nuclear Medicine Department on 01895 279368.