

# Nuclear Medicine SeHCAT Scan

## Patient Information

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.

Medication	Stop taking:
Cholestyramine (Sequestran) Colestipol Colesevelam. Neostigmine loperamide Metoclopramide Cisapride Bethanol	One day prior to your appointment and up to 7 days after. Please continue to take all other medicines prescribed to you.

**Please inform the Nuclear Medicine SPECT CT staff if you have had or are booked to have a colonoscopy.**

## Pregnancy and breast-feeding

If you think that you are pregnant or think you may possibly be pregnant you must inform the department. This is because the foetus may receive some of the radioactivity.

If you are breast-feeding, your doctor may delay the use of SeHCAT scan, or ask you to stop breast-feeding prior to the scan.

## What happens during a SeHCAT Scan?

**The test involves you attending the Nuclear Medicine SPECT CT Department for two appointments, 1 week apart:**

**Day 1:** On your first appointment you will be asked to swallow a small SeHCAT capsule with a glass of water. A scan will then be undertaken three hours later. This scan will take approximately 20 minutes.

**Day 7:** On your second appointment you will only have a scan which again will take approximately 20 minutes.

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

The amount of bile acid remaining after the second scan will determine whether or not you have Bile Salt Malabsorption.

## Are there any after 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 is very low and similar to the natural background radiation we all receive from the environment over a period of 1.7 months. You will not need to take any precautions after your scan.

## Where is a SeHCAT Scan performed?

The SeHCAT Scan is only performed in the Nuclear Medicine SPECT CT Department which is situated in the X-ray Department. On arrival, please book in at **X-Ray Reception** on the **Ground Floor**, close to the **Outpatient Entrance**.

As there is limited parking at the hospital, please allow extra time when planning your journey. If possible, please use public transport.

## Who can accompany me for the scan?

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

Please note there are no childcare facilities available and children regrettably are not permitted to enter the examination rooms, unless they are having a scan.

## When can I expect the results of my SeHCAT Scan?

The SeHCAT scan images will be reported by a Nuclear Medicine Radiologist and the report will be forwarded to the doctor who requested the scan.

## Travel Abroad

If you intend to travel abroad within five days of your scan please keep your appointment letter to take with you when you travel.

## Diabetic patients

Please phone 01895 279368 for further instructions.

## Diagnostic imaging dataset (DID)

Information from your diagnostic test will contribute to the Diagnostic Imaging Dataset (DID). This is a secure database that holds information on the imaging tests and scans carried out on NHS patients. This will allow the Health and Social Care Information Centre to see how different tests are used across the country.

Anonymised images may also be used for educational and academic purposes, both nationally and internationally.

Nothing will be reported that identifies you. It is only made available to appropriate staff and is kept strictly confidential. However, if you do not want your information to be stored in the DID, please let us know on the day of your scan and we will make sure your information is not copied into the DID.

## Who should I contact if I have a problem or question?

Monday to Friday, 8am to 4.30pm – please contact Nuclear Medicine SPECT CT Department on 01895 279368. Out of hours you should contact your GP.

## Languages/ Alternative Formats

Please ask if you require this information in other languages, large print or audio format. Please contact: 01895 279973

## Fadlan waydii haddii aad warbixintan ku rabto luqad ama hab kale. Fadlan la xidhiidh 01895 279 973

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਜਾਂ ਰੂਪ ਵਿੱਚ ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕ੍ਰਿਪਾ ਕਰਕੇ ਪਤਾ ਕਰਨ ਲਈ 01895 279973 ਤੇ ਸੰਪਰਕ ਕਰੋ  
برائے مہربانی بے تہائوں اے اطلاع کے اور زبان یا انداز و جچا ہی دی اے تے پتہ کرن لئی  
01895 279 973

رابطہ کرو

தயவுசெய்து, வேற்று மொழிகளில் இத் தகவல்கள், கட்டுமானம் தேவையெனில், கேளுங்கள்.! தயவுசெய்து 01895 279973 இலக்கத்துடன் தொடர்பு கொள்ளுங்கள்.!

Jeżeli chciałbyś uzyskać te informacje w innym języku, w dużej czcionce lub w formacie audio, poproś pracownika oddziału o kontakt z biurem informacji pacjenta (patient information) pod numerem telefonu: 01895 279973.

如果你需要這些資料的其他語言版本、大字体、或音頻格式，請致電01895 279 973 查詢。

إذا كنت تود الحصول على هذه المعلومات بلغة أخرى، بالأحرف الكبيرة أو بشكل شريط صوتي، يرجى الاتصال بالرقم التالي 01895279973 .