

Nuclear Medicine - SeHCAT Scan

Information for patients, relatives and carers

① For more information, please contact: Nuclear Medicine, Radiology Department, York Hospital, Wigginton Road, York, YO31 8HE, telephone 01904 725936 or email yhs-tr.ctconfirmations@nhs.net.

About this leaflet

This leaflet tells you about a Nuclear Medicine SeHCAT scan. It explains what is involved and what the possible risks are. It is not meant to replace discussion between you and your doctor, but we hope you find the information helpful.

What is a SeHCAT scan?

A SeHCAT scan is a diagnostic test to check how well your gut is able to absorb bile acids. If the absorption is poor, this can result in chronic (long term) diarrhoea. This scan can help to diagnose bile acid malabsorption and help your doctor decide the best treatment for you.

Is there any preparation I need to do before the procedure?

- You may eat and drink as normal. Some medications taken for diarrhoea can interfere with the test result, if you are taking any of the following medication, please stop taking it two days before your first appointment, until after the second appointment (seven days later):
 - Colesevelam hydrochloride, also called Cholestagel
 - Loperamide, also called Immodium
 - Colestyramine, also called Questran
 - Colestipol hydrochloride, also called Colestid
 - Any medication which affects bowel motility

Please take all your other medication as normal. If you have had a barium study within the last two months or had a CT or MRI bowel scan in the last two weeks, please telephone the department to let us know.

If you are pregnant or think you may be pregnant, please inform the nuclear medicine department as soon as possible.

What does the SeHCAT scan involve?

The SeHCAT scan involves you attending the nuclear medicine department for two appointments, seven days apart.

First Appointment: you will be asked to swallow a small SeHCAT capsule with a glass of water. This capsule contains a small amount of radioactive bile acids. You will be asked to return one hour later for a scan, which takes approximately 10 minutes.

Second Appointment: seven days later we will do another scan which takes approximately 10 minutes.

The amount of bile acid remaining in the second scan will allow us to determine whether or not you have bile acid malabsorption.

You will not have to remove any clothing for the scan; we will ask you to remove any bulky metal from around your abdominal area, such as belt buckles.

Are there any risks or complications?

The capsule and the scan should not affect you in any way. The amount of radioactivity in the capsule is very low. The amount of radiation you will receive from this test is similar to the natural background radiation we all receive from the environment over a period of one year and seven months.

Benefits of a SeHCAT scan

A SeHCAT scan will help to diagnose bile acid malabsorption and help your doctor decide on the best treatment for your symptoms.

Results

You will not get the results of your scan on the day. The results will go back to the doctor who referred you for the scan.

What if I have any other questions?

If you have any worries or concerns about your SeHCAT scan, please feel free to telephone us on 01904 725936 and we will do our best to help.

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact: Nuclear Medicine Department, York Hospital, telephone 01904 725936.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email yhs-tr.patientexperienceteam@nhs.net

An answer phone is available out of hours.

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Leaflets in alternative languages or formats

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient Information Leaflet website: www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/

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