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Having a SeHCAT test to measure bile acid

Nuclear Medicine service

Information for Patients

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What is a SeHCAT scan?

A SeHCAT test is a simple procedure. It uses a small amount of radioactivity in a capsule. It allows us to find out if your body is dealing with bile acid properly (bile acid malabsorption). This is a common cause of long-term diarrhoea.

You will need appointments on 2 days, 1 week apart. This is so that we can count how much of the radioactivity is inside you on 2 different days.

A Nuclear Medicine Technologist or Nurse will carry out the procedure. A trainee may also be present.

Before your appointment, you must tell us if:

- You are pregnant, think you may be pregnant, or have just missed a period.
- You are breastfeeding. This is because radioactive substances can come out in breast milk. You may be advised to stop breastfeeding for a short time.
- You have any incontinence problems. This is because radioactive substances are present in your pee (urine). You may need special instructions because of this.
- You have problems with your memory, or learning difficulties. We need to make
- sure you can follow all the instructions for your test and after you go home
- You need an interpreter. Please tell us at least 3 days before your appointment.
- You have help with personal care (paid or unpaid. Your carer may need some safety instructions after you have had your dose of radiation.
- You have difficulty swallowing a capsule.
- You are taking any of the following medication: Colestyramine (Questran), Colestipol (Colestid), Colesevalam (Cholestagel), Aluminium Hydroxide (Alu-Cap, Co-magaldrox, Maalox, Mucogel).
- If you have had a colonoscopy, endoscopy or sigmoidoscopy within 7 days since your first appointment, we may need to reschedule your SeHCAT test.

If you are arriving by ambulance please contact Department as soon as possible.

How do I prepare for the test?

- You may eat and drink as normal before your appointment.
- You must not eat or drink for the 1 hour between swallowing the capsule and having the first scan (appointments 1 and 2 on the day 1).

What happens during the SeHCAT test?

Day 1: Appointment 1:

- We will talk to you about the procedure. You can ask any questions that you have.
- You will be given a small radioactive capsule to swallow with some water.
- This appointment will take about 20 minutes.
- You will not feel any ill-effects. It does not make you sleepy or stop you from driving a car.
- You can leave the department between this appointment and appointment 2. Do not eat or drink anything during this time.

Day 1: Appointment 2:

- This will be a scan 1 hour after taking the capsule.
- You will lie down on a bed. We will take a picture of your tummy. The camera will not cover your face.
- You will stay dressed throughout the test.
- A member of staff will be in the room with you at all times.
- You can eat and drink as normal after this appointment.

1 week later: Appointment 3:

You will have a second scan picture taken. This will take about 15 minutes.

You will not take another capsule.

Are there any risks?

It is very unlikely that you will have any side effects from the radioactive capsule. There is a small risk linked to the radiation you get by having this scan.

Ionising radiation can cause cell damage. This may, after many years or decades, turn cancerous. We are all at risk of developing cancer during our lifetime. The normal risk is that this will happen to about 50% of people at some point in their life.

The dose of radiation you will get from this test is very small. It is the same dose you would get from the environment in about 2 months. Having this test will add only a very small chance of this happening to you. The risks from missing a serious disorder by not having this test may be much greater.

How do I get the results?

The results will be passed to your consultant. Your consultant will talk to you about the results at your next outpatient appointment.

Directions to Nuclear Medicine

Glenfield Hospital – the department is best reached by the East Entrance

Leicester Royal Infirmary - Level 0, Sandringham Building (near Osborne Building).

You may get a reminder by text message if we have your mobile phone number on our system. Please make sure you respond to this.

What happens after the test?

Important instructions to follow after your test for the next 7 days (after the capsule).

We ask you to:

- Flush the toilet well after use. Men should sit down when going for a pee.
- Wash your hands thoroughly each time you use the toilet.
- You can come into contact with other people as normal

You can usually return to work without any problem. Please ask staff for advice if you work with radiation or in the photographic industry.

Useful information

You may want to bring a relative or friend with you. Due to the nature of the examination, they will not be allowed into the room during the procedure, unless we need their help.

Please do not bring children with you. Radiation is more dangerous for children and pregnant women. You should not bring them into the Nuclear Medicine Department unless they are coming for a scan.

If you need hospital transport, please see our website www.uhleicester.nhs.uk

What happens if I cannot attend or miss my appointment?

- You can ask to change or decline your appointment up to 2 times. **If you cancel again after that, you may be discharged.**
- If you do not come to your appointment, or someone does not bring you, you may be discharged back to the person who referred you after **1 missed appointment.**

Contact details

For specific information about your test, please contact (answering machine checked during office hours):

Leicester Royal Infirmary: **0116 258 5627**

Leicester Radiopharmacy Service: **0116 258 5579**

If you have a question about your medical condition, please contact your G.P. or the doctor who made your referral.

Useful websites

Leicester Hospitals Nuclear Medicine

www.uhleicester.nhs.uk/services/imaging-service/medical-physics/nuclear-medicine/

British Nuclear Medicine Society (BNMS)

www.bnms.org.uk

Radiology info

www.radiologyinfo.org

Patient

www.patient.co.uk

Medical imaging

www.informed-scan.com/

Health information and support is available at www.nhs.uk or call 111 for non-emergency medical advice
Visit www.uhleicester.nhs.uk for maps and information about visiting Leicester's Hospitals.
To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہِ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

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If you would like this information in another language or format such as EasyRead

or Braille, please telephone 0116 250 2959 or email uhl-tr.equalitymailbox@nhs.net

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