

## Nuclear Medicine SeHcat (Bile Acid Malabsorption Study)

Your doctor would like you to have a Nuclear Medicine scan and has arranged for you to visit our department. We would like your visit to be as pleasant as possible and hope this leaflet will answer some of the questions you may have. Should you have any questions regarding your appointment please contact us on one of the telephone numbers below between 9:00am and 5:00pm Monday- Friday.

0300 131 4797 or 0300 131 5853

### WHAT IS A SEHCAT (BILE ACID MALABSORPTION STUDY)?

This is a study to measure the degree of bile acid retention within your body. The results of the study will help your doctor better understand how your digestive system works. This is helpful for making decisions about the best treatment for you or to check that your current medication is appropriate. SeHcat is an artificial bile acid labelled with a small amount of radioactivity. After you swallow a capsule containing a small amount of this we can measure the amount in your body at 3hrs and 7days.

### IS THE SCAN SAFE?

The amount of radiation you receive is as small as possible and is similar to other X-ray procedures. The radioactivity leaves the body very quickly and it will not make you feel sick or sleepy.

### DO I NEED TO PREPARE FOR THE SCAN?

Do not eat or drink for 1 hour before your first appointment until after your first scan. From then on you can eat and drink normally and keep taking your tablets.

### IS THERE ANYTHING I SHOULD TELL THE STAFF BEFORE THE SCAN?

Please let us know if you have had a colonoscopy within 2 weeks of this appointment. We are unable to do this test within 2 weeks of a colonoscopy.

If you receive an appointment for any other hospital procedures/imaging between your 2 scans please call the Nuclear Medicine department to check if it is OK as some tests may affect your SeHcat test.

Please let us know if you are taking any medications containing bile acid sequestrants such as **colestramine, colestipol or colesevelam**.

Do not take any bowel preparations/laxatives between your tablet and your second scan.

Female patients please tell us if you are pregnant or if you think you may be pregnant. Also, please inform us if you are breast-feeding. Women between the ages of 12 and 60 will be asked to sign a form on the day of their test to confirm they are not pregnant. If there is any doubt, we are legally obliged to perform a pregnancy test before proceeding.

### WHAT IS INVOLVED?

We will give you a tablet to take with a small amount of water. You will be asked to return to the department 3 hours later for a scan. You should not eat or drink between the tablet and the scan. For the scan we will ask you to lie down on the scanner bed for 5mins. The camera will be above your abdomen only and will not be over your face. You may eat and drink normally after your scan.

The scan is repeated 1 week later enabling us to calculate the bile acid retention in your body. You do not need to fast for the second appointment.

### WHAT CAN I DO AFTER THE SCAN?

You can drive a car; eat and drink normally and continue taking your tablets.

If you are planning to travel abroad within 3 months after your appointment, please inform a member of staff.

## WHAT HAPPENS TO THE RESULTS?

We cannot give you the results of your test. We will send a report to the doctor who asked for the scan as soon as possible. They will arrange your follow-up appointment.

## CONSENT

Although you consent for this treatment, you may at any time after that withdraw such consent. Please discuss this with your medical team.

## SOURCES OF INFORMATION

British Nuclear Medicine Society (BNMS)

## IMPORTANT INFORMATION

The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

## YOUR COMMENTS

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team – Tel: 0300 131 4731 or email: [esh-tr.patientexperience@nhs.net](mailto:esh-tr.patientexperience@nhs.net)

## HAND HYGIENE

The Trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

## OTHER FORMATS

**If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.**

**Tel: 0300 131 4434 Email: [esh-tr.AccessibleInformation@nhs.net](mailto:esh-tr.AccessibleInformation@nhs.net)**

After reading this information are there any questions you would like to ask? Please list below and ask a member of our team.

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## Reference

The following clinicians have been consulted and agreed this patient information:

Dr Emma Owens, Consultant Radiologist, ESHT

Dr David Sallomi, Consultant Radiologist, ESHT

The directorate group that have agreed this patient information leaflet:

Core Services

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Responsible clinician/author: Mr Christopher Salt, Nuclear Medicine Modality Manager

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