



Information for  
patients and  
carers

**SeHCAT Scan**  
(Pronounced “see-cat”)

## What is a SeHCAT Scan?

A SeHCAT Scan (pronounced “see-cat”) is a diagnostic procedure to determine how well your body is able to absorb bile salts. Bile salts are made in the liver to help digest fats in the small bowel and are then absorbed back into the body. Poor absorption of the bile salts can result in chronic diarrhoea.

This investigation can assist in making a diagnosis and help decide the best treatment for you.

The procedure involves swallowing a capsule followed by a scan using a gamma camera, similar to the one shown in the picture below.



## **Please inform us before you attend:**

- If you are or think you may be pregnant
- If you are chest/breastfeeding
- If you weigh over 25 stone (158 Kilograms)
- If you have problems standing or need a hoist to transfer
- If you have any ethical or moral objections to ingesting animal products

## **Preparation for the Scan**

There are no special preparations for a SeHCAT scan, so you can eat and drink as normal.

If you are taking any medications, you may continue to take them as normal.

## **Can you bring a relative or friend with you?**

A relative or friend can accompany you to the hospital, but they will usually not be allowed into the room when you have your examination. Please note that as we have limited seating and do not have childcare facilities, please do not to bring small children with you to your appointment.

## **Your scan**

The procedure involves two scans, seven days apart.

On your first visit we will give you a capsule to swallow. The capsule, which is similar in size to an aspirin tablet, contains a small quantity of radioactive bile salts.

The capsule will not make you feel any different. After you swallow the capsule, we will ask you to wait 60 minutes before we begin the first scan.

You will not have to get undressed, but you will be asked to remove any jewellery before you lie on the bed.

During your scan you will lie on your back on the scanning bed. Special cameras which are about the size of a large suitcase will be positioned over your abdomen. You will not be enclosed in a tunnel.

You will not be left on your own, as there will be someone close by at all times. The scan usually takes 10 minutes and you will need to lie perfectly still on your back during this time.

We will book you a second appointment seven days after the first. On day seven further scans will be completed. These will be identical to the scan done on day one.

**You must attend both appointments.** We will not be able to produce any results if you fail to attend the second appointment.

**Please note:**

It is vital that you do not have any other bowel investigations (endoscopy, colonoscopy, barium studies etc.) during the week of your test as this will affect the results.

## Side effects

There are no known side effects from the capsule.

## Are there any risks?

The capsule contains a small amount of radioactivity that emits gamma rays (these are similar to x-rays). We use the smallest dose possible, in line with national regulations to provide as much information as we can about your condition. The results of your scan will give your doctor useful information about your condition and will help to plan your treatment.

## After the scan

After your scan you must continue to follow the advice about drinking.

You are free to go home or go back to work.

Please avoid spending a long time in close contact with young children or pregnant women for 7 days following your investigation. You should aim to spend no more than 15 minutes each hour cuddling or sitting next to them. It is also advised that you do not share a bed with a child or a pregnant woman for 7 days following your investigation.

## Travel abroad

Please inform the Radiographer on arrival if you intend to travel abroad within 60 days of your scan. Radiation monitoring at security in airports or ports may detect some of the radiation you have received during your scan. We will give you a letter that will state what test you have had, and this can be used when travelling.

## Your results

The images will be reviewed after your visits. You will be advised when and how you will receive your results at this time. You will not receive any results on the day of the scan.

## Contact details

Should you require further advice or information please contact Nuclear Medicine 01772 522381

## Sources of further information

[www.lancsteachinghospitals.nhs.uk](http://www.lancsteachinghospitals.nhs.uk)

[www.nhs.uk](http://www.nhs.uk)

[www.accessable.co.uk](http://www.accessable.co.uk)

Further information about radiation can be found on the government webpage: Medical Radiation: uses, measurements and dose safety advice <https://www.gov.uk/government/collections/medical-radiation-uses-dose-measurements-and-safety-advice>

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Lancashire Teaching Hospitals is a smoke-free site. Smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping smoking this will include Nicotine Replacement Therapy to help manage your symptoms of withdrawal and the opportunity to speak to a nurse or advisor from the specialist Tobacco and Alcohol Care Team.

If you want to stop smoking you can also contact the Quit Squad Freephone 0800 328 6297.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

**Gujarati:**

આ માહિતીને સમજવામાં સહાયતા જોઈતી હોય તો કૃપા કરીને પૂછો. આ માહિતી મોટા છપાણામાં અને અન્ય ભાષામાં ઉપલબ્ધ કરી શકાય છે.

**Romanian:**

Vă rugăm să întrebați dacă aveți nevoie de ajutor pentru înțelegerea acestor informații. Aceste informații pot fi puse la dispoziție în format mare și în alte limbi.”

**Polish:**

Poinformuj nas, jeśli potrzebna jest ci pomoc w zrozumieniu tych informacji. Informacje te można również udostępnić dużym drukiem oraz w innych językach

**Punjabi:**

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਸਮਝਣ ਵੱਲੋਂ ਮਦਦ ਲੈਣੀ ਚਾਹੋਗੇ ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਇਸ ਬਾਰੇ ਪੁੱਛੋ। ਇਹ ਜਾਣਕਾਰੀ ਵੱਡੇ ਪ੍ਰਿੰਟ ਅਤੇ ਹੋਰਨਾਂ ਭਾਸ਼ਾਵਾਂ ਵੱਲੋਂ ਮੁਹੱਈਆ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ।

**Urdu:**

دو سرى زبانون او ر بڑى اگر آپ کو ہى معلومات سمجھنے کے یغل مدد یک ضرورت ہے تو ییچھیا یں یبھ ابى دست ہو یسکت ہے برا ء مہر یان پو ییچھہ ی۔ معلومات

**Arabic:**

مطبوعة بأحرف كبيرة و بلغات إذا كنت تريد مساعدة في فهم هذه المعلومات يرجى أن تطلب آخرى يمكن تو فسير هذه المعلومات

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