

Nuclear Medicine **SeHCAT Bowel Scan**

Patient Information Sheet

A SeHCAT bowel scan is a diagnostic test, which looks at the function of your bowel to determine whether you have bile salt malabsorption.

It involves swallowing a capsule which contains a small amount of radioactive powder followed by a 5 minute scan on a gamma camera **3 hours later**. This scan is repeated **1 week later**.

Preparation for your appointment

If you are having any other procedure related to your bowel in the **14 days before your appointment and 7 days after**, you must ring 01225 824080 as soon as you receive your letter.

We may need to rearrange your appointment.

If you take any medications listed below, please stop these **1 day** before the appointment if your clinician is ok with this and not continue until after the second scan.

The following drugs may interfere with the test:

Colestyramine also called **Questran**

Colesevelam Hydrochloride also called **Cholestagel**

Colestipol Hydrochloride also called **Colestid**

You may eat and drink as normal.

Wear or bring clothes that **do not contain metal clips or zips around your abdomen**. **ALL metal objects such as coins, keys, belts, jewellery and any clothing with metal must be removed from around your abdomen before the scan.**

If possible, please come to your appointment alone

Are there any risks from the radioactive capsule?

The amount of radioactivity is given as sparingly as possible and the benefits of this scan far outweigh the small risk from radiation. The radiation dose you will receive is similar to the radiation received from natural sources in **2 months**.

There are no restrictions for spending time with other people after your scan.

Pregnancy and Breastfeeding

Let us know in advance if you may be pregnant or breastfeeding. This is important because of the small risk of childhood cancer from the radiation that we use.

If you have male healthcare records and were registered female at birth, please talk to the technologist at your appointment so that they can rule out the possibility of pregnancy. This information will not be recorded or shared without your consent.

Additional information

The radioactive capsule contains gelatine. Please let us know as soon as possible if this conflicts with any dietary requirements.

How is the scan performed?

You will be given a capsule at the first appointment in the morning. This will not make you feel any different and will not affect your ability to drive home.

The scan will be performed 3 hours later, this delay is necessary to allow the capsule to be absorbed into your system. The scan will be performed with you lying on your back and will take approximately 5 minutes. You will need to remove your shoes and any metal from around your abdomen.

You will be required to return to the department the following week to have the scan repeated. It is essential that you complete both scans.

Unfortunately you will be unable to stay in the department between taking your capsule and scan. **Please only return 10 minutes before your agreed scan time.**

After your scan

For 24 hours after taking your capsule all patients should sit on the toilet when passing urine. This is to make sure that all the urine gets properly flushed down the toilet as it will be slightly radioactive.

Results

Results will be sent to the doctor or specialist who referred you for the scan within 2-3 weeks.

Travelling after your scan

Some major event/ transport venues have very sensitive radiation detectors. These detectors could be triggered by the small amount of radioactivity remaining in your body following your scan. If you are planning to travel within **3months** following your scan, we recommend that you carry your appointment letter with you.

Information for other hospitals or care homes

Within the 15days following your scan:

If you are admitted to a care home or hospital (other than the RUH), or if you are cared for by a healthcare worker in your home, please ask them to contact the RUH Clinical Imaging and Measurement Department. Their employer might need to register with the Health and Safety Executive to show that their staff are aware of the small amount of radioactivity that is present for a few days after your scan.

If you have any concerns or questions about your scan, or you need this information in another format such as larger print, please telephone the Clinical Imaging and Measurement Department.

Clinical Imaging and Measurement Department
Zone B, Department B58
Royal United Hospitals Bath NHS Foundation Trust
Combe Park, Bath, BA1 3NG
01225 824080 | www.ruh.nhs.uk

Please contact the Patient Advice and Liaison Service (PALS) if you would like to feedback your experience of the hospital. Email ruh-tr.pals@nhs.net or telephone **01225 825656**

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Sehcat Bowel Record Chart

Please complete after your first appointment (Day 1) and bring this chart with you on Day 7 of your scan.

Bowel Movement Notes		
Date	Number of times	Comments