

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 at least **1 hour 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 826630 as soon as you receive your letter.

We may need to rearrange your appointment.

See list of drugs to stop for this test: if not possible to stop please add to bowel record chart during the week.

Drug name	Class	Instructions
Loperamide (Imodium/ Dioraleze)	Anti-diarrheal medication	If possible, stop 2 days before the test, resume after day 7 scan
Co-phenotrope (Lomotil) (diphenoxylate/atropine)		If possible, stop 2 days before the test, resume after day 7 scan
Codeine	Opioid	If possible, stop 3 days before the test, resume after day 7 scan
Morphine		If possible, stop 2 days before the test, resume after day 7 scan
Pregabalin	Calcium channel blocker	If possible, stop 2 days before the test, resume after day 7 scan
Amitriptyline	Tricyclic Antidepressant	If possible, stop 7 days before the test, resume after day 7 scan
Aluminium hydroxide (found in acid indigestion medication)	Antacid	Stop 5 days before the test, resume after day 7 scan

The SeHCAT SmPC states that bile acid sequestrants medications should be stopped 7 days before the test.²

Drug name	Class	Instructions
Cholestyramine (Prevalite/ Questran)	Bile acid sequestrants	Stop 7 days before the test, resume after day 7 scan
Colesevelam (Cholestagel / Welchol / Lodalis)		Stop 7 days before the test, resume after day 7 scan
Colestipol (COLESTID / COLESTID orange)		Stop 7 days before the test, resume after day 7 scan

Any issues please ring 01225 82 6630

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.**

Are there any risks from the radioactive capsule?

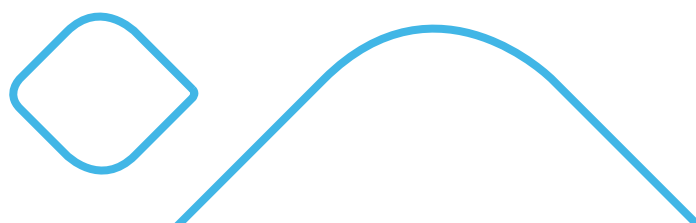
The amount of radioactivity is given as sparingly as possible and the benefits of this scan far outweigh the small risk from radiation. The radiation dose you will receive is similar to the radiation received from natural sources in **2 months**.

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

Additional information

The radioactive capsule contains gelatine.

Please let us know if this is not suitable for you; as there is no alternative.



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.

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 at least 1 hour later, when the capsule will be absorbed into your digestive 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.

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 3 **months** following your scan, we recommend that you carry your appointment letter with you.

Information for other hospitals or care homes

Within the 15 days 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: **01225 82 6630**.





Clinical Imaging and Measurement Department
Zone B, Department B58
Royal United Hospitals Bath NHS Foundation Trust
Combe Park, Bath, BA1 3NG
01225 82 6630 | www.ruh.nhs.uk

Please contact the Patient Support and Complaints Team (PSCT/ known previously as PALS) if you would like to feedback your experience of the hospital. Email: ruh-tr.psct@nhs.net or telephone: **01225 82 5656**.

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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. Some drugs are requested to be stopped 'if possible'. If not possible please write in comments box.

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Drugs comments:

Bowel Movements Notes: (Frequency / other comments)

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7