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## Having a SeHCAT scan

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### **Nuclear Medicine**

### **Patient Information**





## Introduction

Your doctor has recommended that you have a SeHCAT scan. This is a nuclear medicine test. A scan of your body is taken to help your doctor find out if you have bile acid malabsorption.

## What is nuclear medicine?

Nuclear medicine helps doctors to check how well different parts of your body are working. A small amount of a radioactive substance (tracer) is given, usually as a capsule to swallow. The tracer gives off gamma rays, so we can measure the distribution of that tracer in your body. This measurement is usually done using a gamma camera, although occasionally blood samples may be needed.

## Is there any risk from the radiation?

We will expose you to ionising radiation when we carry out this examination. We are all exposed to ionising radiation from naturally occurring sources such as cosmic rays, certain types of soil and rocks and even food we eat. Ionising radiation can cause cell damage that in turn, after many years, may turn cancerous. The radiation associated with your exam will therefore carry a very small risk which is less than 0.01%. This risk will be far outweighed by the benefits of having this exposure. We will also tailor the amount of radiation we use to you.

Please read the **Important points** section below. If you have any concerns, please contact us.

## What preparation do I need for my SeHCAT scan?

The preparation for this exam involves stop taking the following medication:

When to stop medication	Medication
7 days before the test	Amitriptyline
5 days before the test	Aluminium hydroxide Cholestyramine Colestipol Colesevelam
3 days before the test	Neostigmine Loperamide Metoclopramide Bethanechol Codeine
2 days before the test	Morphine Pregabalin

Furthermore, in between the appointments booked for this test, you cannot have a colonoscopy.

If you have any questions or concerns with the preparation, feel free to contact us to discuss further.

You can eat and drink as usual and you do not need to have a full bladder.

You can continue to take any other medication that has been prescribed for you by your doctor.

## **How is my SeHCAT scan carried out?**

When you arrive at the department, we will give you a capsule to swallow that contains a small amount of a radioactive tracer. This will be absorbed throughout your body over about three hours during which time you can leave the department. A scan of your body will then be performed. You will need to return a week later for a further scan of your body. Both scans will take about 30–40 minutes.

We will ask you to take off your shoes and remove jewellery and metal items from your pockets. There is no need to take off your clothes for the scan but if any of your clothing has metal studs or buttons, we may ask you to remove it.

## **Are there any side effects?**

The tracer that we give you will not produce any side effects. You can continue with your usual daily activities. In particular it will not make you drowsy and so will not prevent you from driving a car.

## **What happens after my SeHCAT scan?**

Once your SeHCAT scan is completed you may leave the department immediately. You will be able to eat and drink as normal.

## **How will I get the result of my SeHCAT scan?**

Your SeHCAT scan will be reported on by the nuclear medicine consultant within 48 hours of completion of both scans. The results of your test will then be made available to the doctor who referred you.

## Important points

- Due to the nature of these investigations we advise that you should not be accompanied by anyone who is pregnant and should not bring young children to the department. With most of these investigations the level of radioactivity will have decreased to a safe level by the time you arrive home after the scan. However some investigations need more specific restrictions with regards to contact with young children and these will be explained.
- If you are pregnant or breastfeeding, please contact the department as soon as possible to find out if you can have this test. Generally, nuclear medicine tests are not carried out on pregnant individuals unless absolutely necessary and then the dose of radioactivity will probably be reduced.
- We are committed to ensuring patients are free from discrimination regardless of their gender or sexual orientation. If your gender was female at birth and you are transgender or non-binary, please inform a member of staff as we legally need to rule out the possibility of pregnancy before we can go ahead with some of our examinations. This information will not be recorded or shared without your consent.
- It is essential that you do not have any other nuclear medicine investigations performed (such as a PET scan or a bone scan) just before or during the week of the SeHCAT test. If any other investigations are booked or have been carried out at all recently in any nuclear medicine department elsewhere, please tell us and the staff in the nuclear medicine department as soon as you can to make sure that the investigations do not clash.
- The other tests which might interfere with a SeHCAT scan are a colonoscopy or tests in the x-ray department which involve taking very strong laxatives to clean out the bowel completely, during the days between the first scan and the second scan. If the dates for such tests and the SeHCAT scan clash, please let us know as soon as possible so that we can reschedule these investigations.

## Contact us

If you have any queries, please contact us:

Sutton            020 8661 3286 / 3287

Chelsea           020 7811 8541

Email             [rmh-tr.rmuclearmedicine@nhs.net](mailto:rmh-tr.rmuclearmedicine@nhs.net)

Alternatively, please call:

**The Royal Marsden Hotline: 020 8915 6899**

You can ring the hotline 24 hours a day, 7 days a week.

Call us straight away if you are feeling unwell or are worried about the side effects of cancer treatments.

This service provides specialist advice and support to all Royal Marsden patients, as well as to their carers, and both hospital and community-based doctors and nurses caring for Royal Marsden patients.

## References

This booklet is evidence based wherever the appropriate evidence is available, and represents an accumulation of expert opinion and professional interpretation.

Details of the references used in writing this booklet are available on request from:

The Royal Marsden Help Centre

Telephone: Chelsea 020 7811 8438 / 020 7808 2083

Sutton 020 8661 3759 / 3951

Email: [patientcentre@rmh.nhs.uk](mailto:patientcentre@rmh.nhs.uk)

No conflicts of interest were declared in the production of this booklet.

Should you require information in an alternative format, please contact The Royal Marsden Help Centre.

The patient information service is generously supported by The Royal Marsden Charity.

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Registered Charity No.1095197



Revised November 2025. Planned review March 2027  
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