

SeHCAT scan (Day 1)

Patient information factsheet

What is a Nuclear Medicine Scan?

- A nuclear medicine scan is a very common medical procedure.
- It uses small amounts of radioactive materials to show a specific organ.
- This helps your Doctor diagnose (find the problem) and, in some cases, treat some diseases.
- The scan uses a gamma camera to look for signs of disease.
- It shows the Doctor how well your organs are working. Other types of scans show what your organs look like.

What is a SeHCAT Scan?

- **A SeHCAT scan is a two-day test, which is performed a week apart.**
- It allows us to check how well your gut can absorb bile acids.
- Poor absorption of the bile acid can result in chronic diarrhoea.
- This investigation helps us decide what is the best treatment for you.
- **You will have 2 scans: one on day 1 and another on day 7.**

Do I have to do anything to prepare for this procedure?

- Please stop taking Cholestyramine (sequestran), Colestipol, Colesevalam and Creon 1 day before appointment
- Also, please stop taking Loperamide (Imodium) 48 hours before your first day appointment.
- **Do not take these medications until after your day 7 scan has been completed.**

What happens on the day of the scan?

On arrival

- A small radioactive capsule, which is a bile salt analogue, will be given to you orally (by mouth).
- This capsule will help us measure the absorption of bile acids by your body.
- You may leave the department after this.

First Scan (1 to 2 hours after taking the radioactive capsule)

- You will be asked to come back at this time to perform the scan.
- You will be asked to lie down flat.
- The scan takes about 5 minutes.
- It is important that you keep still during imaging.
- **You should receive a second letter related to your 7th day appointment.**

Is it dangerous?

- The scans are safe and painless.
- Because a small amount of radioactive tracer is used, there is only a very small risk of radiation exposure.
- If you have any worries or questions about the scan, please talk to your Doctor or contact the Nuclear Medicine department.

Are there any precautions?

- Please tell the Nuclear Medicine Technologist or Radiographer if you might be pregnant or are breastfeeding before you come to your appointment.
- **You might need to stop breastfeeding for a short time after your scan.**
- Please tell us if you are very afraid of needles (needle phobia), feel anxious in small spaces (claustrophobia), or cannot lie down flat.

- Please also tell us if you had any tests which needed administration of a radioactive tracer before this appointment or if you have been booked to have one before your 7th day SeHCAT scan is done.

How do I get my result?

- **You will need to have completed both the 1st day scan and the 7th day scan before a report can be done.**
- A Radiologist reviews (looks at) the scan and sends the report to the Specialist Doctor who asked for it. They will then contact you directly.
- This can take about 2 to 3 weeks.

Is there anything else I should know?

- You will need to lie down flat and stay still during the scan. Moving can make the pictures unclear.
- **Please do not bring anyone with you who is pregnant or under 18 years old.** This is because there are radioactive materials in the department.
- **We do not allow anyone under 18** to interpret for patients.
- If you need an interpreter, please tell the Nuclear Medicine department, and they will arrange one for you.

Contact our service

Email: whh-tr.nuclearmedwhitthealth@nhs.net

Monday to Thursday, 9 am to 5 pm: 020 7288 5517.

Friday: Please call our mobile on 07747 037 143.

Contact our Trust

If you have a compliment, complaint or concern, please contact our Patient Advice and Liaison Service (PALS) on **020 7288 5551** or whh-tr.PALS@nhs.net.

If you need a large print, audio or translated copy of this leaflet, please email whh-tr.patient-information@nhs.net. We will try our best to meet your needs.

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