

# Your SeHCAT study explained (NSEBS)

Please read this carefully as it contains information  
about preparing for the scan

**Reference Number:** ULHT-LFT-0243 v12

**Issued:** June 2026

**Review Date:** June 2028

## Aim of the patient information

This information is for patients having a SeHCAT study. It aims to tell you what a SeHCAT study is and what will happen.

## General information

A doctor has asked that we take pictures of your abdomen to show how well your body absorbs bile acids.

As the test involves small amounts of radiation, we ask that you are **not** accompanied by children under 18 or anyone who may be pregnant. You may bring one adult with you to the department.

Contact the Nuclear Medicine Department as soon as possible if:

- You are pregnant, think you may be pregnant or are breastfeeding. Special arrangements may have to be made.
- Your appointment clashes with another hospital appointment or test, or you are unable to attend on this day. We can then reschedule your test and assign the appointment to another patient.
- You have limited mobility, are incontinent or claustrophobic.

Please be advised that the capsule given during the test contains gelatine.

## Benefit and risks of the test

Everyone receives some radiation every day from the radioactivity in the air, food we eat and even from space. The amount of radiation in this nuclear medicine test is similar to your natural exposure over 1½ months so the risks associated with it are low.

The main benefit of the test is making the correct diagnosis, so you can get the treatment that is right for you. This benefit is far greater than the small risk from radiation.

If you have any concerns, please contact the department in advance or ask to speak to someone on the day of your scan.

## Preparation

There is no special preparation required for this test. **Please eat and drink as normal.**

Please bring with you a list of any medication that you are taking (your repeat prescription sheet if possible). If you take any of the following medication, please contact the department as soon as possible.

### Medication list

Cholestyramine (*Prevalite /Questran*)

Colesevelam (*Cholestagel /Welchol /Lodalis*)

Colestipol (*Colestid /Colestid orange*)

Loperamide (*Imodium /Dioraleze*)

Co-phenotrope /Diphenoxylate Atropine (*Lomotil*)

Codeine

Morphine

Pregabalin

Amitriptyline

Aluminium hydroxide (found in acid indigestion medication)

## What does the test involve?

### Part 1

You will be given a capsule containing a small amount of radioactive material. You will then be free to leave the department for approximately 1.5 hours. You will be given your required return time. Please refrain from eating and drinking hot items between parts 1 and 2.

### Part 2

When you return we will take pictures of the front and back of your abdomen using a Gamma Camera (see photo below). These pictures will take about ten minutes. You will then be free to leave the department once more, but must return 1 week later for further pictures of your abdomen.

### Part 3

When you return to the department 1 week later, we will repeat the two pictures of your abdomen.



## After the test

When the test is completed, the images will be reviewed and a report will be available to the doctor who has requested the test.

## Radiation information

If you would like to find out more about medical radiation, please access the following link:

<https://www.gov.uk/government/collections/medical-radiation-uses-dose-measurements-and-safety-advice>

## The camera

The Gamma Camera that takes the pictures has an open design and the majority of patients complete the test without any discomfort.

## Contact details

If you have any questions about any of this information please contact the Nuclear Medicine Department on 01522 573103.

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[www.accessable.co.uk/united-lincolnshire-hospitals-nhs-trust](http://www.accessable.co.uk/united-lincolnshire-hospitals-nhs-trust)

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If you require this information in another language or alternative format, please email the Patient Information team at [ulth.patient.information@nhs.net](mailto:ulth.patient.information@nhs.net)