

INFORMATION FOR PATIENTS

Undergoing a SeHCAT scan

This examination is a two-part test with appointments one week apart

We have been requested by your consultant to arrange an isotope SeHCAT scan. This study is performed in our Nuclear Medicine department and enables us to identify problems of bile salt malabsorption which may cause abdominal problems.

This is a two part examination that requires appointments one week apart.

The aim of this leaflet is to explain what you can expect when you come for your nuclear medicine scan.

What is nuclear medicine?

Nuclear medicine is a method of imaging the body using a gamma camera and using radiopharmaceuticals (radioactive 'dyes').

To look at the function of the body, nuclear medicine uses gamma rays.

These are very similar to x-rays except gamma rays are produced by a radiopharmaceutical which is swallowed in the form of a capsule.

The radiation dose is kept as low as possible, similar to an x-ray dose, which means it may take quite a long time to create the images.

What should I do if I cannot attend for the appointment?

Please inform us as soon as possible on 01623 622515, extension 3284 or 3205, if you are unable to attend. A special capsule will be prepared for your scan, which cannot be used on any other patient.

Am I suitable for an isotope scan?

Most patients are suitable for an isotope scan. However, you **must** contact us on 01623 622515, extension 3284 or 3205 for advice if:

- You are pregnant
- There is any possibility that you may be pregnant
- You are breast feeding
- You weigh over 30 stones (200 kilos).

How do I prepare for this scan?

There are no restrictions regarding eating or drinking. If you are taking any medication, you may continue to take this as normal.

Please leave any valuables at home. You are responsible for all personal items you bring into hospital and the Trust cannot accept responsibility for their loss or damage.

What happens during the scan?

You will need to report to the reception desk in the original x-ray department, which is adjacent to the Emergency Department. From there you will be directed to the nuclear medicine department.

Part 1:

- You will be given a capsule to swallow with a drink and then you will be free to leave the department for an hour (we would like you to eat and drink normally during this time).
- The first scan will take place on your return.
- You will be required to stand or sit in front of the gamma camera for approximately five minutes while the scan takes place.
- You will then be asked to turn around for another five minutes while we scan again.

Part 2

You will be asked to return for the second part of your scan in one week's time. Please eat and drink as normal during this period. The second part of the scan will again take approximately five minutes per view.

Are there any risks to having an isotope scan?

The benefit from the isotope scan outweighs the small risk from radiation.

The scan results will allow your consultant to make the correct treatment decision for you. To avoid babies and children being exposed to unnecessary radiation, it is good practice to avoid prolonged contact with them for at least 12 hours after taking the capsule.

Can I drive after my scan?

Yes, there is no restriction on driving after your scan.

How do I get the results?

When your scan is finished no instant diagnosis can be made. The images produced are recorded digitally and reviewed and a report sent to your referring clinician.

These results will be discussed with you by your referring clinician. If you have been referred from the hospital and have not received your follow-up appointment within four weeks please contact your consultant's patient coordinator.

If you are unsure about anything concerning this procedure or require more information, please do not hesitate to call us on 01623 622515, extension 3284 or 3205.

Your radiology records

This Trust is part of a group of NHS hospitals in the East Midlands that have a shared NHS radiology system, which is used by our healthcare professionals to access your radiology records.

If necessary, your radiology records may also be accessed by healthcare professionals in other NHS hospitals in the East Midlands or NHS Service Providers, to ensure you receive consistent, safe and effective clinical care and treatment, irrespective of where you receive your care.

If you have any concerns about providing information or how we use it, please discuss this with radiology staff so that you fully understand the potential impact on your care or treatment.

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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