

# SeHCAT - Bile Acid Malabsorption Test

Medical Physics and Clinical Engineering

## Who is this information for?

Your Doctor has suggested that you have a SeHCAT test, also known as a bile acid malabsorption test. This leaflet has been written to help you understand more about the test. It contains information about the procedure and what to expect.

## What is a SeHCAT test?

Your liver produces bile acid salts, which helps your body absorb nourishment from the food you eat. The capsule you will be asked to swallow has two components:

- Selenium ( $^{75}\text{Se}$ ), which is a radioactive substance
- A bile acid salt analogue (HCAT).

Together they behave similarly to the bile acid salts, which are produced in your liver. The capsule ingredients include a gelatin of bovine origin. This is an animal product.

## What are the benefits of having a SeHCAT test?

The results from this test will help your Doctor diagnose your illness and make important decisions with you about your future care and treatment.

## Are there any risks involved in having the test?

The amount of radioactivity used is very small and has negligible risks. There are no known side effects. You will be asked if you have any allergies to ensure you are not allergic to any of the ingredients within the capsule.

## Are there any alternatives to the SeHCAT test?

This test is usually completed along with other tests, as discussed with your Doctor. This helps your Doctor diagnose your illness. The Doctor will have explained the different diagnostic options

**The prevention of infection is a major priority in all healthcare and everyone has a part to play.**

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

available to you and what will happen if you decide not to have any treatment at all.

## Do I need to do anything before or during the test?

No, you may eat and drink as normal and there is no need to stop taking any medication, unless your Doctor or a member of the Nuclear Medicine Team advises this. This applies to both before and during the test. The amount of radioactivity used is very small and will not cause you or the people around you any harm. You can spend time with others as normal.

Please continue to take any prescribed medication however if you are taking Bile Acid Sequestrants for example, Cholestyramine, Colesevelam or Colestipol please call 01902 694172 and inform the Nuclear Medicine Team at least one week prior to your first appointment.

## What can I expect before the test begins?

On the initial appointment we will explain the procedure and go through any questions you may have. The decision on whether to have this test is a joint decision between you and your Doctor.

## Will it hurt?

No, this test will not hurt and should not make you feel any different.

## What is involved in the test?

You will need to visit the hospital on two separate days, one week apart. On the morning of your first appointment you will be given a small capsule (as described above) with some water. This appointment will take approximately 15 minutes. Two to three hours later you will need to return to the department to have some measurements taken. You will be asked to lie down on a couch and a probe will be approximately 50 cm above your body to measure the amount of radioactivity present within your abdomen. This reading is then repeated with you lying on your front. This appointment will take approximately 15 minutes. These readings are repeated seven days later. This appointment will also take approximately 15 minutes.

These two appointments will help us to determine if you have a problem with bile acid malabsorption.

## Can I drive during or after the test?

Yes, you can drive as normal.

## When can I expect the results of the test?

Your Doctor will be given the results within a few days of your last appointment in the Medical Physics department.

## Where can I get more information?

The staff in the department will be pleased to answer any questions you may have before attending for your diagnostic test.

Our telephone number is 01902 694172  
Monday to Friday, 9:00am to 5:00pm

## English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

## Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

## Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

## Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਆਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

## Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

## Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。