

PATIENT INFORMATION

Fibroscan



What is a Fibroscan?

A Fibroscan is a type of ultrasound which can measure liver stiffness in a painless, immediate and non-invasive way. This test is part of your assessment to understand whether you have developed scarring in the liver for some reason.

Who will do my Fibroscan?

You will be seen by a qualified nurse who is trained to do your procedure and will be able to inform you of your result and give lifestyle advice or refer on to support services if indicated.

What are the benefits of having a Fibroscan?

Having a Fibroscan will help establish how much damage or scarring may be present in the liver.

Are there any risks associated with having a Fibroscan?

Fibroscan is very safe. The manufacturer has changed previous guidance and a Fibroscan can now be used in most people including people with implantable devices such as pacemakers or defibrillators. It is not recommended to have a Fibroscan if you have ascites (fluid within the abdomen) present.

Are there any alternatives?

Occasionally the Fibroscan is unable to obtain reliable readings, in which case your consultant will discuss alternative methods of assessment with you. Having a liver biopsy still remains an option; this requires a small sample of liver tissue to be removed with a needle, and would also require staying in hospital for several hours after the procedure.

What do I need to do to prepare for the Fibroscan?

Fibroscan should be performed on an empty stomach, so please don't eat anything for at least 2 hours prior to the scan. You can drink as normal.

Please wear comfortable clothes to allow the nurse to expose the right side of your lower ribs.

What happens during the Fibroscan?

You will be asked to lie on an examination couch and place your right arm above your head. The nurse will then feel your abdomen to find the right place to take the readings. A probe will then be placed on your skin and will be triggered by the nurse to pass a pulse wave through your liver (this will feel like a gentle flick against the side of your skin). This reading will be repeated to ensure that 10 accurate measurements are recorded. The scan should take between 10-20 minutes to perform. The examination should be pain free

What happens after the Fibroscan?

After the Fibroscan you will be able to go home or return to work.

When will I receive the results?

You will receive the result of the Fibroscan at this appointment. The Fibroscan is only one part of an assessment process that will help investigate the degree of liver disease. Other factors such as ultrasound reports, blood results and relevant clinical information will also need to be taken into account. If you have any further questions about the procedure please telephone or email the Liver Nurses Sheila Needs and Wendy Stocker on 01803 654950 or email tsdfliver.nurses@nhs.net who will be able to answer any questions

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.