

## Patient information factsheet

# Having a Fibroscan

We have given you this factsheet because your doctor has recommended that you have a Fibroscan. It explains what a Fibroscan is, why you need this scan and what to expect at your appointment. We hope it will help to answer some of the questions you may have. If you have any further questions, please contact us using the details at the end of the factsheet.

### What is a Fibroscan?

A Fibroscan is a non-invasive procedure (it is not carried out inside your body and will not break your skin). It is a type of ultrasound that measures the amount of scarring (known as fibrosis) in your liver. It is a simple, painless test that uses high frequency sound waves.

### Why do I need this scan?

A Fibroscan will help us to better understand how much scarring is in your liver so that we can plan the best treatment for you.

### What are the risks?

A Fibroscan is a very safe procedure that is suitable for most people, including if you are pregnant or have an implantable device (for example, a pacemaker).

Please note that a Fibroscan does have some limitations. If we are unable to get an accurate result from your Fibroscan, we may need to perform some additional tests. If this is the case, we will explain these tests to you in more detail.

### How should I prepare for the scan?

#### Food and drink

You must not eat anything for three hours before your Fibroscan.

You can continue to drink small sips of water or clear fluid up until your scan, but you must not drink large amounts.

#### Medication

You should continue to take your usual medications.

#### Clothing

Wear loose-fitting clothing to your appointment as we will need to lift up your top to perform the scan on your tummy.

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## What will happen during the scan?

When you arrive for your scan, we will ask you to lie on an examination couch and place your right arm above your head. Please let a member of our team know if you have any existing mobility issues that may affect you being able to do this before your scan. We will then gently feel your tummy to locate your liver and place a small device called a probe against your skin. When we turn the probe on, you may feel a gentle flick. This should not hurt. If you experience any discomfort during the scan, please let us know.

## What will happen after the scan?

You will be able to go home or return to work immediately after the scan.

## When will I receive my results?

We may be able to give you your results on the day. However, if your results need to be looked at by more than one member of our team, we will send a written report of our findings to the doctor who referred you for the scan. They will then contact you to discuss your results. This may be by letter, or we may contact you to arrange an outpatient appointment for further investigations.

## What if I choose not to have a Fibroscan?

If you choose not to have the scan, it will be more difficult for your doctor to accurately diagnose the condition of your liver. This may affect the treatment you are given and you may not receive the most effective treatment for your condition.

## Are there any alternatives?

If you are unable to have, or choose not to have, a Fibroscan, we may ask you to have an ultrasound or blood test to help us diagnose the condition of your liver. If this is the case, we will explain this to you in more detail.

## Contact us

If you have any further questions or concerns, please contact us.

Hepatology nurse specialists  
Telephone: **023 8120 4617**

## Useful links

**British Liver Trust**

Website: [britishlivertrust.org.uk](https://britishlivertrust.org.uk)

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