

Enhanced Liver Fibrosis (ELF) blood test: A simple guide for patients

An ELF blood test helps your doctor understand the health of your liver by checking for signs of scarring and damage. This can help them plan your care and treatment.

Why do you need an ELF blood test?

We want you to have an ELF blood test so we can see how well your liver is working and if you may have or may be at risk of having liver disease.

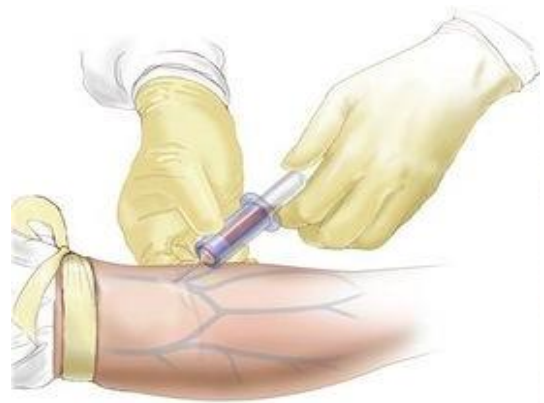
Preparing for an ELF blood test

Fasting: You will need to make sure you do not eat or drink anything apart from water for three hours before the test.

Medication: Tell your doctor about any medications or supplements you are taking, as they might affect the results.

How is an ELF blood test done?

1. A small amount of blood is taken from your arm.
2. The blood sample is sent to a lab and analysed.
3. Your doctor will receive your results and will explain what they mean for your liver health at your next appointment.



What do the results mean?

The results of the ELF blood test help your doctor understand:

1. If there is scarring or damage in your liver.
2. How well your liver is working.
3. Your risk of developing problems from liver disease.

What happens after the test?

The result will be sent to the doctor who referred you for the ELF blood test and they will discuss it with you at your next appointment. Depending on the findings, they may refer you for more tests or treatments to help your liver health. You should get your results within one month.

How soon will I be able to go back to normal activities?

You can go straight home after your ELF blood test. You do not need an escort to take you home. You may eat and drink normally after your ELF blood test.

When can I return to work?

You will be able to return to work straight away.