

FibroScan: A simple guide for patients

A FibroScan is a type of ultrasound. It is a quick and pain free test that measures your liver. It helps your doctor understand if there is any scarring or damage in your liver. This can help them plan your care and treatment.

Why do you need a FibroScan?

We want you to have a FibroScan 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 a FibroScan

Please do not eat or drink anything for three hours before your FibroScan. If you need to, take small sips of water but avoid drinking large amounts of fluid. We ask you not to drink alcohol before your scan. You should continue taking any prescribed medication.

You will not need to remove any clothing for the scan, but we will need to see the right side of your tummy. We recommend that you wear a top and trousers or a skirt on the day of your test. You will not need to remove any jewellery near your tummy, such as a belly button piercing.

How is a FibroScan done?

1. The scan should take 10 to 20 minutes.
2. You will lie on your back. The technician will apply a water-based gel to your tummy and lightly place a probe on your skin.
3. The machine sends a painless vibration through your body and measures how quickly it travels through your liver.
4. The result will be sent your doctor and they will go through it with you at your next appointment.



What do the results mean?

The FibroScan results 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 FibroScan 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 FibroScan. You do not need an escort to take you home. You may eat and drink normally after your FibroScan.

When can I return to work?

You will be able to return to work straight away.