

Patient Information Leaflet

Having a Fibroscan

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Aim of leaflet

This leaflet tells you about having a Fibroscan. It explains what is involved and what the possible risks are. It is not meant to replace informed discussion between you and your healthcare provider, but can act as a starting point for such discussions. If you have any further questions about the procedure please ask the doctor or nurse who has referred you or is going to perform it.



Having a Fibroscan

This information sheet has been given to you to help answer some questions you may have about having a Fibroscan. If after reading this, you have any further questions or concerns, please do not hesitate to speak to your referring doctor, nurse or the technician performing the 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 Fibroscan Technician who is trained to do your procedure, but not trained or qualified in giving clinical advice. If you require clinical advice this must be sought from your referring general practitioner or consultant.

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 Fibroscan can now be used safely in most people, including pregnant women and people with implantable devices such as a 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 or general practitioner 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 3 hours prior to the scan. You can drink as normal.

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



What happens before the Fibroscan?

You will be asked to come to an outpatient department where you will need to book in and then take a seat in the waiting area. The Fibroscan technician will perform the scan in the outpatients' clinic room.

What happens during the Fibroscan?

You will be asked to lie on an examination couch and place your right arm above your head. The Fibroscan technician 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 Fibroscan technician 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.



Will I feel any pain?

The examination should be pain free.

What happens after the Fibroscan?

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

When will I receive the results?

You will receive the result of the Fibroscan at this appointment, but this will be interpreted and explained by your referring general practitioner or hepatology consultant, NOT the Fibroscan technician. 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.





This leaflet is available in large print and other formats and languages.

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