

# FibroScan

Information for patients



**This leaflet explains the process of having a Fibroscan; what is involved and the possible risks. If you have any further questions please ask the doctor or nurse who referred you or the person doing the scan.**

### **Why have I been referred?**

You have been referred for a FibroScan (also called transient elastography) to measure your liver stiffness. If you have a liver condition, such as hepatitis B or C, or fatty liver, a FibroScan will tell us if you have any liver scarring. This helps us assess your liver health and decide the best treatment and monitoring.

### **What will happen?**

FibroScan works by sending a sound wave through your liver and measuring how fast it bounces back. It is not painful and is non-invasive, meaning the probe does not break your skin or enter the body. You will feel a slight vibration but nothing more. The Fibroscan operator will ask you to lay flat on your back with your right arm behind your head. You will be asked to expose your lower ribcage on the right hand side and the operator will apply some cold gel and then place the probe between your ribs – they may need to move the probe a few times to find the right spot and then they will take 10 readings for the machine to calculate an average. The whole procedure takes no more than 15 minutes.

## When will I get my result?

The interpretation of a FibroScan result depends on the condition you have and the results of other tests. The person doing the scan may not be an expert in interpreting the results so will send them to the person who referred you for discussion at your next appointment.

For about one in 10 people we are unable to get a reading. Some people have narrow spaces or a lot of muscle between their ribs which makes it more difficult to get a reading; it can also be more difficult if you are overweight. If this happens we will let the person who referred you know so they can talk about alternative options.



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

If you are unable to attend your appointment please call **020 3317 5100** to let us know.

Please wear comfortable clothes that make it easy to access your ribcage.

A FibroScan should be done on an empty stomach – please do not eat for two hours before your appointment. You can drink water as normal.

## Are there any risks associated with having a Fibroscan?

Fibroscan is very safe and can now be used safely in most people, including pregnant women.

You cannot have a Fibroscan if you have an implantable device such as a pacemaker or defibrillator. It is not recommended to have a Fibroscan if you have ascites (fluid within the abdomen).

Please speak to member of staff if you have any of these things or if you have any concerns.

After the scan you will be fine to continue your day as normal.

This document is also available in other languages, large print, Braille, and audio format upon request. Please email [communications.cnwl@nhs.net](mailto:communications.cnwl@nhs.net)

هذه الوثيقة متاحة أيضاً بلغات أخرى والأحرف الطباعية الكبيرة وبطريقة برايل للمكفوفين وبصيغة سمعية عند الطلب

## Arabic

این مدرک همچنین بنا به درخواست به زبانهای دیگر، در چاپ درشت و در فرمت صوتی موجود است.

## Farsi

এই ডকুমেন্ট অন্য ভাষায়, বড় প্রিন্ট আকারে, ব্রেল এবং অডিও টেপ আকারেও অনুরোধ পাওয়া যায়

## Bengali

Dokumentigaan waxaa xitaa lagu heli karaa luqado kale, daabacad far waa-wayn, farta indhoolaha (Braille) iyo hab dhegaysi ah markii la soo codsado.

## Somali

Mediante solicitação, este documento encontra-se também disponível noutras línguas, num formato de impressão maior, em Braille e em áudio.

## Portuguese

நீங்கள் கேட்டுக்கொண்டால், இந்த ஆவணம் வேறு மொழிகளிலும், பெரிய எழுத்து அச்சிலும் அல்லது ஒலிநாடா வடிவிலும் அளிக்கப்படும்.

## Tamil

Este documento también está disponible y puede solicitarse en otros idiomas, letra grande, braille y formato de audio.

## Spanish

Dokument ten jest na życzenie udostępniany także w innych wersjach językowych, w dużym druku, w alfabecie Braille'a lub w formacie audio.

## Polish

આ દસ્તાવેજ વિનંતી કરવાથી બીજી ભાષાઓ, મોટા છાપેલા અક્ષરો અથવા ઓડિઓ રચનામાં પણ મળી રહેશે.

## Gujarati

Be belge istenirse, başka dillerde, iri harflerle, Braille ile (görme engelliler için) ve ses kasetinde de temin edilebilir.

## Turkish