

# Having your Fibroscan in a mobile clinic

Information for patients

# LIVER NURSES



This leaflet is for people who have been invited to have a Fibroscan of their liver. It explains what a Fibroscan is and why it is done.

## What is a FibroScan?

FibroScan is a specialised type of scan used to assess your liver. It measures two different things:

- How much fibrosis (scarring) there is in your liver.
- How much fat is in your liver.

It can be used alone or with other tests (such as blood tests, other scans, or biopsies) to assess how much fat and scarring is in your liver. It is a simple, quick and painless test that uses high frequency sound waves. The scan gives immediate results. It is non-invasive, which means that it does not break the skin or enter your body.

## Why am I having a FibroScan

Your doctor has found that you have abnormal liver blood tests or have an increased risk of having fatty change or scarring on your liver.

## What are the benefits of this scan?

Having a fibroscan will help your doctor to understand how much fat and scarring is in your liver. This will help to plan follow up and any treatment that you might need. Early identification of liver problems can help us act to reduce the chance of them getting worse and of more serious problems in the future.

## What causes fatty change and scarring?

There are many causes of scarring or fat in the liver. The most common causes of these are:

- Drinking too much alcohol over many years.
- Non-alcoholic fatty liver disease (NAFLD), which is associated with being overweight, diabetes, high blood pressure and high cholesterol. This can cause liver disease even if you don't drink alcohol.
- Being infected with hepatitis for a long time, particularly hepatitis B or hepatitis C.

**For further information and support contact the British Liver Trust. They can answer questions, provide information, or just listen.**

**Nurse led helpline: 0800 652 7330**

**Website: [www.britishlivertrust.org.uk](http://www.britishlivertrust.org.uk)**

## What happens after my scan?

A doctor will look at the results of your scan. If there is any suggestion of scarring your case will be reviewed and an appointment may be arranged for you to talk to a liver specialist.

This will come though the post. If there is no evidence of scarring in the liver then you will not need to be seen in clinic. A normal scan is good news; however, it does not mean you cannot go on to develop liver problems in the future.

## What can I do to prevent liver damage?

### Aim for a healthy weight

To reduce the chance of developing non-alcoholic fatty liver disease (NAFLD), try to keep a healthy weight by eating a healthy, balanced diet and exercising regularly.

### Better Health

An NHS website offers support and advice for a healthier lifestyle. For more information go to the website below.

[www.nhs.uk/better-health/](http://www.nhs.uk/better-health/)

### Limit alcohol

The guidelines recommend:

- Men and women should not regularly drink more than 14 units of alcohol a week.
- You should spread your drinking over three days or more if you drink as much as 14 units a week.
- Have at least two alcohol-free days each week.
- If you are concerned about your alcohol consumption and wish to speak to someone, you can refer yourself to your local service: