You do not need any special preparation before having a FibroScan.

You should not have a FibroScan if:
• You have an implantable device, such as a pacemaker or defibrillator, since it may cause extra beats.
• You are pregnant.
• You have ascites (fluid in your abdomen).

For a FibroScan to get a good representation of the amount of liver damage, please note:

Men
• If you weigh more than 200 lbs (90 kg), your test should be booked at Cobequid Community Health Centre.
• If you weigh less than 200 lb (90 kg), your test should be booked at the Victoria General Hospital.

Women
• If you weigh more than 175 lbs (80 kg), your test should be booked at Cobequid Community Health Centre.
• If you weigh less than 175 lb (80 kg), your test should be booked at the Victoria General Hospital.
Having a FibroScan
Information and Advice for Patients

Your doctor or nurse practitioner has advised you to have a FibroScan.

What is a FibroScan?
A FibroScan is a scan of your liver to measure how stiff your liver is. It is a painless test which involves a probe being passed over the top right area of your abdomen (tummy). It is similar to an ultrasound scan.

A healthy liver should be soft and elastic. The more stiff your liver is, the more scarring (fibrosis) there is in your liver. If you have advanced scarring of the liver (severe fibrosis or cirrhosis), this test helps to estimate how much scarring there is.
What is the benefit of having a FibroScan?
The benefit of having a FibroScan is that it measures how elastic your liver is. This can help your doctor tell how damaged your liver is and decide what treatment you might need.
A FibroScan can help diagnose the amount of liver damage in people with:
› Viral hepatitis B and C
› Hemochromatosis
› Alcoholic liver disease
› Non-alcoholic fatty liver disease
› Autoimmune diseases, including PBC (primary biliary cirrhosis) and PSC (primary sclerosing cholangitis)
› Drug-induced liver disease (e.g. from Methotrexate®)

What are the risks of having a FibroScan?
There are no risks to having a FibroScan. It is not invasive and is painless. In about one in 10 patients (10%), it can be hard to get an accurate result.
What are the risks of not having a FibroScan?

If you do not have a FibroScan, it will be harder for your doctor to accurately estimate the extent of scarring (fibrosis or cirrhosis) in your liver. This means they may not be able to decide the best treatment for you. This could mean that eventually your liver will become seriously damaged.

You should not have a FibroScan if:

- You have an implantable device, such as a pacemaker or defibrillator, since it may cause extra beats.
- You are pregnant.
- You have ascites (fluid in your abdomen).

Are there any alternatives to this test?

An alternative to having a FibroScan is to have a liver biopsy. However, this is an invasive procedure which involves a needle being inserted into your liver to remove a very small piece of it.
Before your FibroScan
You do not need any special preparation before having a FibroScan.

For a FibroScan to get a good representation of the amount of liver damage, you should have a body mass index (BMI) of 30 or less. BMI is a measurement that relates your height and weight. The formula for calculating BMI is:

\[
\text{BMI} = \frac{\text{Weight (kg)}}{\text{Height (m)}^2}
\]

To calculate your BMI you can visit:
› www.mayoclinic.org/bmi-calculator/itt-20084938

Having a FibroScan
The FibroScan takes about 10 to 20 minutes. This is what will happen:

1. You will be asked to lie down, pull your top up, and put your right hand above your head.
2. A water-based gel will be put on your skin.
3. A probe will be placed over the top right area of your abdomen, where your liver is. The probe will take at least 10 readings of the stiffness of your liver.
4. Early results will be available at the end of the test. These numbers may range from 1.5 to 75 kPa. The doctor will interpret the numbers.
After your FibroScan
After the test, your doctor will talk about the results with you and plan your treatment. After your appointment you will be able to go home and continue with your normal daily activities.

Cancellations
If you can’t keep your appointment, please let us know as soon as possible:
Phone: ____________________________

This will let us give your appointment to another patient. We will arrange another appointment time for you.

Where can I get more information?
Your healthcare provider is the best source of information for questions and concerns related to your medical problem.

What are your questions?
Please ask. We are here to help you.