

# Having a FibroScan®

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).

# Having a FibroScan®

Your health care provider 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. 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 find out how much scarring there is.
- It is a painless test which involves a probe being passed over the top right area of your abdomen (tummy). It uses sound waves to measure the stiffness of liver tissue.
- It is similar to an ultrasound.

## **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 health care provider 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 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 health care provider to accurately estimate the amount 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 over time your liver will become seriously damaged.

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- You are pregnant.
- You have ascites (fluid in your abdomen).

## **Are there any other options?**

Instead of having a FibroScan®, you may be offered a liver biopsy. However, a liver biopsy involves a needle being inserted (put in) 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®.

## **Having a FibroScan®**

The FibroScan® takes about 10 to 20 minutes.

This is what will happen:

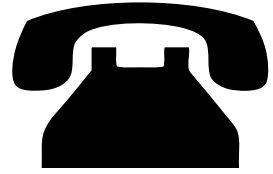
1. You will be asked to lie down on a stretcher, pull your shirt up only to expose your abdomen, and put your right hand above your head.
2. A water-based gel will be put on your abdomen.
3. A probe will be placed over the top right area of your abdomen, where your liver is. The probe will take at least 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 (Kilopascal). The liver doctor will interpret the numbers.

## **After your FibroScan®**

After the test, your health care provider 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 info?**

Your health care provider is the best source of info for questions and concerns related to your health condition.

**What are your questions?**

**Please ask. We are here to help you.**

