

Having a FibroScan of your liver

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Information for Patients

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What is a FibroScan?

A FibroScan is a type of scan that checks how healthy your liver is. It uses sound waves to measure how stiff or fatty your liver is.

We place a small device (called a probe) on your tummy. This sends a pulse of energy to your liver. This gives the doctors information about your liver's health.

Why do I need a FibroScan?

- Your doctor wants to find out if there is any damage to your liver. By having a FibroScan the doctor can accurately assess this. Blood tests alone can not show if your liver is not working well.
- A FibroScan checks for scarring or fat build up in your liver. This helps your doctor decide if you need treatment or lifestyle changes to keep your liver healthy.

What are the risks of not having a Fibroscan?

- Liver disease often has no signs. We could find liver damage much later causing serious health problems.
- Early detection can help reverse liver damage. It can stop it from getting worse.
- Missing your appointment means your doctor might not know how your liver is doing. This makes it harder to spot and treat problems early.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

Who needs a FibroScan?

A FibroScan is useful if:

- ⇒ your body begins to store fat in your liver. This is called metabolic dysfunction-associated steatotic liver disease (MASLD). It was called non alcoholic fatty liver disease (NAFLD) before. You can develop the condition even if you have a healthy weight. These things increase the risk of MASLD:
 - A weight in the overweight or obese range.
 - A high waist measurement.
 - Type 2 diabetes.
 - A diet with too many unhealthy foods and drinks.
 - Low levels of physical activity or spending a lot of time sitting down.
 - High blood lipids such as cholesterol.
 - High blood pressure.
 - Other conditions linked to insulin resistance for example polycystic ovary syndrome.
- ⇒ you have a liver problem from drinking excessive alcohol for many years.
- ⇒ you have a liver infection like hepatitis B or C.
- ⇒ you have too much iron in the blood, called Hemochromatosis (pronounced 'hee·muh·krow·muh·tow·suhs').
- ⇒ you have other types of liver disease.

What do I need to do before my scan?

- **You need to stop eating and drinking 3 hours before your scan.**
You can take sips of water or clear fluid if you need to. Avoid drinking large amounts.
- **Do not drink alcohol for 24 hours before the scan.** It may affect your scan if you do.
- Wear loose comfortable clothing. We need to access the right side of your rib cage.
- You can take any prescribed medication as normal.

What happens during the FibroScan?

A trained operator (doctor, nurse, technician) will carry out the examination.

1. We will ask you to lay on your back. You will raise your right hand behind your head.
2. The nurse will feel your tummy to find the right place between your rib space to take the readings.
3. We will place a probe on your tummy and turn it on.

4. The probe will send sound waves in pulses through your liver and back. This may feel like a gentle flick against the side of your skin. This does not hurt at all.
5. We will repeat this to make sure to record 10 measurements.
6. The scan should take between 10 to 20 minutes.

Are there any other tests?

Sometimes there is a chance that we are not able to get a reading. This can be because of your body shape or body type. The doctors will then write to you about other tests that you may need.

When will I get my results?

The doctors and liver nurses will look at the results of your scan. An appointment with a liver doctor will be arranged for you if the scan suggests scarring in the liver. We will send you back to your **GP** if we see **no scarring**.

What can I do to stop any more damage to my liver?

To stop your liver from scarring:

- Try to keep a **healthy weight by eating a well balanced diet**.
- You should also be **physically active**.
- Men and women should **not drink more than 14 units of alcohol a week**. There is no safe amount of alcohol. Spread your drinking over 3 days or more. **We recommend at least 2 alcohol free days each week**.



If you are concerned about the amount of alcohol you are drinking, you can refer yourself to your local alcohol service:

- **Turning Point:** 0330 303 600 (Leicester City)
0116 210 4510 (Leicestershire),
Website: www.turning-point.co.uk
- **Dear Albert:** 07724 284 730 or www.dearalbert.co.uk
- **Alcoholic Anonymous:** 0800 917 7650 or www.alcoholics-anonymous.org.uk



Where can I find information to keep my liver healthy?

For more information, use your phone camera to scan the QR code or type in the web page address below.

[Information to keep your liver healthy](#)



Search:

<https://yourhealth.leicestershospitals.nhs.uk/>

For leaflet number: 1508

[Healthy eating for liver disease \(NAFLD\)](#)



Search:

<https://yourhealth.leicestershospitals.nhs.uk/>

For leaflet number: 1520

[Advice and support if you are drinking too much alcohol](#)



Search:

<https://yourhealth.leicestershospitals.nhs.uk/>

For leaflet number: 1161

Contact details

Contact your GP, or if unavailable call the NHS helpline on 111, or Ward 43 at the Leicester Royal Infirmary on 0116 258 6239.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

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