

Fibro Scan Determination Gastroenterology Outpatient

Aim of the leaflet

This leaflet aims to tell you about the Fibro Scan procedure. Your doctor has asked that you undergo a Fibro Scan assessment of the stiffness of your liver. This is a painless procedure that does not involve puncturing or cutting of the skin. The result from the Fibro Scan is immediate.

What is a Fibro Scan?

The Fibro Scan system uses a technique known as transient elastography. Put simply, this means a small impulse is applied to the lower right portion of your rib cage where your liver is. This impulse is similar to a flick with your thumb and finger.

The Fibro Scan machine can then track how that impulse wave travels through the liver and from this, determine the degree of stiffness of the liver.

How is it performed?

You will be asked by the doctor, nurse or technician to lie flat on an examination couch and let them have access to your lower rib cage area. They will then ask you to put your right hand behind your head and they will then identify the best position in which to take the measurements. This may involve tapping with their fingers on your tummy in order to palpate/percuss your liver, or simply feeling for the best place for the procedure.

Once the best site for the measurement has been found, a small amount of gel will be applied and the probe will be positioned ready to take the readings. When the probe is in the correct position a small 'flick' will be applied via the probe to the side of your tummy.

An initial reading will be taken to confirm that the probe is in the correct position. If not then another reading will be taken in an area close by to improve the positioning of the measurement. Once a suitable measurement spot has been identified, the person doing the test will take a series of 10 measurements at that spot. Each measurement will take only a few seconds and the whole process should last less than 15 minutes.



How to prepare for the procedure

Before performing liver stiffness measurement using Fibro Scan, the following is recommended:

- ◆ No food and only clear fluids for 3 hours before the procedure
- ◆ No alcohol for 24 hours before the procedure

It is thought that eating causes more blood flow/bile into the liver which may reflect as stiffness.

If you are diabetic, we suggest you check your blood glucose. You may have a snack if necessary.

Alcohol will potentially provide a degree of transient inflammation so would be best avoided.

How do I get my results?

The results of your Fibro Scan will be sent to the referring doctor who should contact you with the results.

Contact details

If you have any worries or need more information, please do not hesitate to contact your hospital treatment doctor or nurse.

If you wish to cancel and re-arrange your appointment, please contact:

**Gastroenterology Secretaries
Department of Gastroenterology
Lincoln County Hospital
01522 707473**

References

If you require a full list of references for this leaflet please email patient.information@ulh.nhs.uk

The Trust endeavours to ensure that the information given here is accurate and impartial.

**Gastroenterology Outpatient Department
Lincoln County Hospital**

**Dr Sreedharan, Consultant Gastroenterologist 01522 573416
Karen Murray, Hepatitis C Nurse Specialist, Monday to Friday 01522 512 512
extension 582556 and leave an answerphone message, work mobile
07824 896160 or email karen.murray@ulh.nhs.uk**

If you require this information in another language, large print, audio (CD or tape) or braille, please email the Patient Information team at patient.information@ulh.nhs.uk