



Northern Care Alliance  
NHS Group

# Having a Fibroscan

An information guide



# Having a Fibroscan

This information has been given to you to explain what a fibroscan involves and why it is recommended for you. If you have any questions or concerns, please do not hesitate to contact the gastro nurse service.

## **What is a fibroscan and why do I need it?**

A fibroscan is a type of ultrasound that can measure the degree of stiffness of your liver. It is a simple, painless test that uses high frequency sound waves.

Your doctor recommended that you have this test to help us understand the condition of your liver.

## **What are the benefits of this scan?**

Having a fibroscan will help the doctor to understand how much scarring is in your liver. This will help to plan your treatment.

A fibroscan is a quick, painless test that gives immediate results. It does not have any potential complications or risks and is non-invasive, which means it does not break the skin or enter your body.

## **Are there any alternatives to a fibroscan?**

Your doctor will explain any alternatives available to you in detail. One option is to have a liver biopsy. This is where a small sample of liver tissue is removed with a needle. A liver biopsy has several disadvantages : for example, you need to stay in hospital for several hours after the procedure. It also carries risks such as internal bleeding after biopsy.

## **Are there any special precautions?**

You cannot have a fibroscan if you are pregnant or have implantable devices, such as a pacemaker or defibrillator. Please speak to the doctor or nurse if you think this applies to you.

## **What do I need to do to prepare for the scan?**

**Please do not eat or drink for two hours before your scan.** If you need to, you can take small sips of water or clear fluid, but avoid drinking large amounts of fluid. You should continue taking any prescribed medication. You will not need to remove any clothing for the scan, but we need to expose the right side of your abdomen (tummy). Therefore, we do not recommend that women wear a dress on the day of the scan. Once you have discussed the plan, providing you are happy to go ahead, you will have the test.

## **What happens after the scan?**

As soon as the fibroscan is finished, the result will be discussed with you and appropriate advice will be given with a plan moving forward. A copy of the result will be sent to the referring doctor.

## **Contact us**

Please contact the gastro specialist nurses on 0161 656 1538 Monday to Friday 8am to 4pm if you have any questions or concerns.

**If English is not your first language and you need help, please contact the Interpretation and Translation Service**

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

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**For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897**

**For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service**

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The NCA brings together Salford Royal NHS Foundation Trust and the hospitals and community services of The Royal Oldham Hospital, Fairfield General Hospital in Bury, and Rochdale Infirmary (currently part of The Pennine Acute Hospitals NHS Trust).

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