

Fibroscan® Instructions

PLEASE READ AND FOLLOW INSTRUCTIONS CAREFULLY

What is a Fibroscan and why is it ordered?

A Fibroscan is a device used to measure the stiffness of the liver. Liver stiffness shows the amount of scarring present in the liver, also known as fibrosis.

Liver diseases, like fatty liver disease, alcoholic liver disease, or viral hepatitis may cause long-term liver inflammation. This inflammation usually goes unnoticed. As the condition progresses, scar tissue builds up, and can lead to cirrhosis of the liver. People with cirrhosis may look healthy or have mild signs of liver disease. Without early detection and treatment, cirrhosis can cause liver failure, liver cancer, and even increase the risk of heart disease. The doctor may order a Fibroscan to determine if you have advanced levels of liver fibrosis or cirrhosis. Findings from this test will help your doctor better develop a plan of care for your specific condition.

How do I prepare for a Fibroscan?

Please do not eat or drink anything for at least 3 hours prior to the procedure.

Please wear a loose-fitting shirt or one that is easily removed or pulled upwards. Any jewelry including, nipple or belly button piercing do not need to be removed before the test.

When you arrive for your test, you will need to lay flat on your back on the exam table.

What can I expect during a Fibroscan?

The test takes 10-15 minutes to perform. During the test, you may feel minor discomfort due to the cold gel on the ultrasound probe and you may feel vibration near your ribs. The vibration is not harmful.

If at any time you feel uncomfortable or cannot lay flat for the duration of the exam, please let us know.

Once the exam is completed you may go home, eat, and return to normal activities.

When can I expect test results?

Please allow 3-5 business days for the results to be sent to your ordering provider, who will discuss the results with you.

How do I interpret test results?

There are three values we use together to interpret results:

- 1) **Liver stiffness measurement (LSM) (how much scarring in the Liver):**
 - A score between 3-5 suggest no scarring is present.
 - A score over 8 suggest high levels of liver scarring.
- 2) **CAP score or Liver fat content (how much fat in the Liver):**
 - Generally, a score over 270 suggests mild liver fat.
 - A score over 290 suggest moderate liver fat.
 - A score over 300 suggest severe levels of liver fat.
- 3) **Interquartile range (IQR) (measures test accuracy):**
 - This score should be less than 30%. If higher, your results may not be accurate.

What could cause errors in results?

- Lack of fasting at least 3 hours before the test.
- Heavy alcohol use in the 3 months prior to the test.
- In some cases, a patients' anatomy may not allow for an accurate result.

Still have questions?

Talk to you ordering doctor if you still have questions about Fibroscan as it is important for you to be fully informed.