

# FibroScan (Transient Elastography)

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## Having a FibroScan

You have been given this patient information leaflet because your doctor has recommended you have a scan called a FibroScan. The leaflet explains what a FibroScan is, why you need this scan and what to expect at your appointment.

FibroScan are provided from three different locations - the Community Diagnostic Centre (CDC) at Northgate Hospital in Great Yarmouth, the Oulton Suite CDC at James Paget Hospital, or the main Radiology department at James Paget Hospital. Please read your appointment letter carefully for advice on which unit to attend for your scan.

## What is a FibroScan?

A FibroScan is a safe and quick, simple, non-invasive procedure. It is a type of ultrasound that measures the amount of scarring (known as fibrosis) in your liver. It is a painless test that uses vibrations and sound waves to measure the hardness or stiffness of your liver.

## Why do I need this FibroScan?

A FibroScan helps the referrer to have a better understanding of your liver to guide their plan of care for you.

## What are the risks?

A FibroScan does have some limitations. We do not recommend scanning people in third trimester pregnancy, or anyone with abdominal ascites (a build-up of fluid causing a swelling in your abdomen).

## How should I prepare for the scan?

### Food and drink

You must not eat anything for three hours before your FibroScan.

You can continue to drink small sips of water or clear fluid up until your scan.

### Medication

You should continue to take your usual medications.

### Clothing

Wear loose-fitting clothing as we will need to lift up your top to perform the scan on the right hand side of your chest wall.

## What will happen during the scan?

When you arrive for your scan, please check into reception. When we are ready to perform the FibroScan, you will be called into the examination room.

We will ask you to lie on an examination couch and place your right arm above your head, you may also be asked to cross your right leg over your left leg. Please let a member of our team know if you have any existing mobility issues that may affect you being able to do this.

We will feel around your ribs to locate your liver. After applying a small amount of water-based gel to your skin, we will place an ultrasound probe on the area, and you may notice a slight tapping or flicking sensation. If you experience any discomfort during the scan, please let us know. The FibroScan should only take about ten minutes.

## What will happen after the scan?

You will be able to go home or return to work immediately after the scan.

## When will I receive my results?

Your results will be sent to your referrer. The scan technician will not give you the results. The scan results will be reported to the referrer who will contact you either directly or discuss these at a clinic review appointment.

If you have any further questions please telephone the Liver Nurse team on: 01493 453275 during the hours of 09:00 and 16:30 Monday to Friday. **(Please note we will NOT give results).**

## Useful links

British Liver Trust

Website: [britishlivertrust.org.uk](http://britishlivertrust.org.uk)

## Your Feedback

We want your visit to be as comfortable as possible - talk to the person in charge if you have any concerns. If the ward/department staff are unable to resolve it, then ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care.

**Before leaving please complete a Friends and Family Test feedback card.**

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## OUR VALUES

### Collaboration

We work positively with others to achieve shared aims

### Accountability

We act with professionalism and integrity, delivering what we commit to, embedding learning when things do not go to plan

### Respect

We are anti-discriminatory, treating people fairly and creating a sense of belonging and pride

### Empowerment

We speak out when things don't feel right, we are innovative and make changes to support continuous improvement

### Support

We are compassionate, listen attentively and are kind to ourselves and each other



The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

**For a large print version of this leaflet, contact PALS 01493 453240**