

# Fibroscan

## What Is A Fibroscan?

Fibroscan, also known as transient elastography, is a quick, non-invasive test that measures liver stiffness and fat content, providing valuable insights into liver health. This painless procedure helps assess the presence of liver fibrosis (scarring) and fatty liver disease, making it an essential tool in diagnosing and monitoring liver conditions like non-alcoholic fatty liver disease (NAFLD) and chronic hepatitis. Fibroscan technology at Birmingham Liver Clinic enables accurate assessments without the need for invasive procedures like a liver biopsy. By detecting fibrosis and fat levels in the liver, Fibroscan supports early intervention, helping to prevent progression to cirrhosis and allowing for effective, timely treatment plans that improve patient outcomes.

## Conditions Detected By Fibroscan

Fibroscan is used to evaluate various liver conditions by measuring liver stiffness and fat accumulation. Common conditions detected with Fibroscan include:

- **Fibrosis and cirrhosis:** Fibroscan helps assess the extent of fibrosis in the liver, which is essential in managing chronic liver diseases such as hepatitis and alcoholic liver disease. Higher stiffness readings often indicate more advanced fibrosis or cirrhosis.
- **Non-alcoholic fatty liver disease (NAFLD):** Fibroscan can detect fat deposits in the liver, which may indicate NAFLD. This is particularly useful for patients with metabolic conditions like obesity, diabetes, and high cholesterol.
- **Alcoholic liver disease:** Fibroscan is effective in monitoring liver health for patients with a history of heavy alcohol use, assessing both fibrosis and fatty liver content.
- **Chronic hepatitis:** In patients with hepatitis B or C, Fibroscan helps monitor the liver for fibrosis progression, guiding treatment and management decisions.

Fibroscan results are crucial for understanding liver health and tailoring treatment plans, helping to prevent the progression of liver disease.

## How Fibroscan Works

Fibroscan uses ultrasound-based technology to measure liver stiffness and fat content. During the test, a probe is placed on the skin over the liver. The probe sends a painless pulse of energy into the liver, which creates a wave that travels through the tissue. The speed of the wave is measured to determine liver stiffness.

(for fibrosis) and fat levels. Higher wave speeds indicate stiffer liver tissue, which may signal fibrosis or cirrhosis. The entire process takes just 10 to 15 minutes and provides immediate results, making it a convenient and efficient option for liver assessment.

## Preparing For A Fibroscan

Preparation for a Fibroscan is minimal, but it is usually recommended to avoid eating or drinking for at least two to three hours before the test. Fasting helps ensure accurate readings by minimising interference from food and liquids. Wear comfortable clothing that allows easy access to the upper abdomen, as the probe will be placed on the skin over the liver area. Our team will provide full instructions before your appointment to ensure you are prepared and comfortable.

## What To Expect During The Procedure

A Fibroscan is a quick and painless procedure that usually takes around 10 to 15 minutes. You will lie on your back with your right arm raised above your head. The technician will apply a water-based gel to the skin and place the probe over your liver. The probe sends painless pulses into the liver, which may feel like a slight tapping sensation but should not cause discomfort. Once the readings are complete, the gel is wiped off, and you can resume normal activities immediately after the test.

## Benefits And Safety Of Fibroscan

Fibroscan offers a safe, non-invasive way to assess liver health without the need for surgery or radiation exposure. It is highly accurate, providing reliable results for liver stiffness and fat levels. Fibroscan is ideal for regular monitoring, as it allows clinicians to track changes in liver health over time. Unlike liver biopsy, which requires sedation and recovery time, Fibroscan is quick, painless, and risk-free, making it suitable for patients of all ages.

## Choosing Birmingham Liver Clinic

At Birmingham Liver Clinic, we are dedicated to delivering high-quality care with the latest diagnostic tools, including Fibroscan technology. Our team of liver specialists is committed to providing thorough, accurate liver assessments in a supportive environment. We strive to offer personalised care, guiding patients from diagnosis through treatment and follow-up, to support liver health and overall well-being.

## Contact Us

To learn more about Fibroscan or to book a consultation, please contact Birmingham Liver Clinic. Our team is here to support your liver health with expert diagnostic services and compassionate care.