

# Liver Ultrasound Scan

## What Is A Liver Ultrasound Scan (Uss)?

Liver ultrasound scan (USS) is a non-invasive imaging test that uses sound waves to create detailed images of the liver. It is one of the most common and effective diagnostic tools for assessing liver health, helping to identify various conditions like liver disease, cirrhosis, fatty liver disease, and liver tumours. At Birmingham Liver Clinic, our expert team uses state-of-the-art ultrasound technology to ensure accurate and high-quality imaging, allowing for early diagnosis and effective treatment planning.

## A Valuable Diagnostic Tool

Liver ultrasound is a valuable diagnostic tool that allows doctors to examine the liver's size, shape, and texture without invasive procedures. Many liver conditions have few symptoms in the early stages, making imaging crucial for early detection. A liver ultrasound can reveal structural changes or abnormalities, such as cysts, tumours, and signs of fatty liver or cirrhosis, which may otherwise go unnoticed. By identifying these issues early, liver ultrasound allows for prompt intervention, improving treatment outcomes and reducing the risk of complications.

## How Liver Ultrasound Works

A liver ultrasound uses high-frequency sound waves to produce real-time images of the liver. During the procedure, a small handheld device called a transducer is placed on the skin over the liver area. The transducer sends sound waves through the body, which bounce off the liver and other structures, creating echoes that are converted into detailed images on a monitor. Unlike some imaging methods, ultrasound does not use radiation, making it a safe and effective choice for patients of all ages and suitable for repeated use when needed.

## Conditions Detected By Liver Ultrasound

Liver ultrasound can detect a wide range of liver conditions, making it a versatile diagnostic tool. Common conditions identified through liver ultrasound include:

- **Fatty liver disease:** An accumulation of fat within the liver cells, often associated with obesity, diabetes, or excessive alcohol intake.
- **Liver cysts and tumours:** Cysts are fluid-filled sacs that are usually benign, while tumours may require further investigation to determine if they are cancerous.
- **Cirrhosis:** Scarring of the liver tissue due to long-term liver disease, commonly caused by alcohol abuse or chronic hepatitis infections.
- **Hepatitis:** Liver inflammation that can be caused by viral infections or autoimmune conditions, often leading to noticeable changes in liver size and structure.

Our team at Birmingham Liver Clinic uses ultrasound to provide comprehensive evaluations, allowing us to create a detailed picture of liver health and tailor treatment plans accordingly.

## Preparing For A Liver Ultrasound

Preparation for a liver ultrasound is simple and typically involves fasting for a few hours before the test. Fasting helps reduce the amount of gas in the intestines, which can interfere with image clarity. We recommend wearing comfortable, loose-fitting clothing, as you may need to adjust clothing for the technician to access the liver area. Our clinic will provide clear instructions on how to prepare for your ultrasound to ensure the most accurate results possible.

## What To Expect During The Procedure

A liver ultrasound is a quick, painless procedure that usually takes around 15 to 30 minutes. You will lie on an examination table, and the technician will apply a water-based gel to your abdomen to help the transducer glide smoothly over the skin. The technician will move the transducer over your liver area, capturing real-time images displayed on a monitor. You may be asked to hold your breath briefly to get clearer images. Most patients find the process comfortable and can resume normal activities immediately afterward.

## Benefits And Safety Of Liver Ultrasound

Liver ultrasound is a safe, non-invasive test that carries no risk of radiation exposure, making it ideal for regular monitoring or follow-up exams. It provides rapid results and can detect a range of liver issues, supporting accurate diagnosis and timely treatment. For many patients, ultrasound is the preferred imaging method because of its simplicity, safety, and effectiveness in evaluating liver health.

## Choosing Birmingham Liver Clinic

At Birmingham Liver Clinic, we prioritise patient-centred care, using advanced ultrasound technology to deliver precise and reliable liver assessments. Our team of specialists provides high-quality diagnostic services in a compassionate, supportive environment. Whether you need a liver ultrasound for diagnosis, routine monitoring, or follow-up, we are committed to helping you achieve optimal liver health.

## Contact Us

To learn more about liver ultrasound or to schedule an appointment, please contact Birmingham Liver Clinic. We are here to support your liver health with expert diagnostic services and personalised care.