



**More than
90% of liver
disease is
preventable.**

Alcoholic liver disease is 1 of the 3 chronic causes of liver disease.

If you have a history of drinking **alcohol** to excess for a period of several months or more, have used **ketamine**, or have/ had **hepatitis C**, and would like to know more about your liver health, please ask a staff member today about how you can arrange a FibroScan appointment.

FibroScans are available at our various hubs across the Wakefield district. Speak to your Recovery Worker or call us for more information.

Turning Point Inspiring Recovery

is a drug and alcohol prevention, treatment and recovery service for anyone over the age of 25 in the Wakefield District.

We provide free and confidential support.



Our Website:

www.turning-point.co.uk/services/wakefield-inspiring-recovery



Scan this QR code with your camera to visit our website



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My FibroScan Appointment

What to expect and the benefits



What is FibroScan and why have one?

It is a **non-invasive ultrasound scan** which gauges the health of your liver and damage. It measures fibrosis (scarring) and steatosis (fatty changes) in the liver.

Signs or symptoms of liver disease when earlier identified are not always visible. The earlier that any liver disease can be identified, the earlier that **further damage can be prevented or reduced**.

One of our trained FibroScan staff operators- nurse or healthcare assistant- will complete the scan with you.

We may ask you some questions about your health, and recent alcohol and/or drug use.

We will ask you to sign a consent form, which will help us to share information with your GP and if needed with Hepatology.

We will ask you to **lie in a banana like shape** on your back, with your right arm above your head and right leg crossed over your left leg. This helps us to access the required rib space with the probe.

We will apply ultrasound gel to the probe which may feel a little cold when this is placed on your skin.

You will feel a minor vibration which is painless. This is from the pulse being sent to your liver to measure how stiff your liver tissue is and also to measure the fatty changes in your liver.

The scan will only take 5-10 minutes to complete. We will be able to interpret results and discuss these with you right away.

What if I need further evaluation?

Depending on the results of your scan, you will be provided with advice on how to improve your liver function and reduce any potential harm. This will include **guidance on safely reducing your alcohol consumption**, as well as advice for those who use **ketamine** or have/had hepatitis C.

We will discuss and make a referral to Hepatology for further evaluation if this is indicated.

Preparing for my FibroScan

Please **fast for 3 hours before your FibroScan appointment** as this will affect your liver stiffness score results and make the scan less reliable. You can still take small sips of water and any prescribed medication.

Please also **wear comfortable clothing** which you can move to enable access to the right side of your rib cage.

Limitations

FibroScan cannot measure all causes of liver disease only scarring and fatty liver changes.

There may be some occasions when we are unable to access the required space between your rib cage due to your body's physique. In these instances, we would complete a referral to Hepatology for specialist evaluation.