

FibroScan® and Liver Disease



UHN

Information for patients

Read this resource to learn about:

- Liver disease
- Liver scarring
- How to understand your FibroScan® results
- Where to find more information



Please visit the UHN Patient Education website for more health information: www.uhnpatienteducation.ca
© 2016 University Health Network. All rights reserved.

This information is to be used for informational purposes only and is not intended as a substitute for professional medical advice, diagnosis or treatment. Please consult your health care provider for advice about a specific medical condition. A single copy of these materials may be reprinted for non-commercial personal use only.

Original Author: Colina Yim, RN, NP / Updated by: Sharlene Camaya, RN & Jethro Mercado, BSc, MLA/T
Revised: 11/2016
Form: D-8538

Liver diseases can cause your liver to swell which can lead to scarring. Advanced scarring is called **cirrhosis**. Talk to your liver doctor about how to treat swelling or scarring.

Treatments could include:

- Keeping a close eye on your health
- Lifestyle changes
- Taking medication
- Doing more tests (ultrasound, CT scan, MRI, blood tests, liver biopsy)

What causes liver problems?

- Alcohol
- Auto-immune Hepatitis
- Genetic Haemochromatosis
- Hepatitis B and Hepatitis C
- Non-alcoholic Fatty Liver Disease (NAFLD)
- Primary Biliary Cirrhosis (PBC)
- Wilson's Disease

What is a FibroScan®?

A FibroScan® is a test that measures the amount of fibrosis (thickening or scarring of tissues) in your liver.

It can be used alone or with other tests (such as biopsy, blood tests, ultrasounds) to see how much scarring there is on your liver.

What is my FibroScan® result and what does it mean?

Results are measured using **kiloPascal's** (or **kPa**) and range from 2 to 75.

The normal range for a FibroScan® is between 2 to 7 kPa. **The average normal result is 5.3 kPa.**

Your liver doctor will explain these results to find out how much scarring you have. Your result will vary based on what liver disease you have.

Scarring has 4 stages:

- F0 means no scarring
- F1 is mild fibrosis
- F2 is moderate fibrosis
- F3 is severe fibrosis
- F4 is cirrhosis or advanced fibrosis

The following table shows the stages of fibrosis. Your liver doctor will give you more information about your results. The ranges are approximate.

Disease	Fibrosis stage and approximate cutoff value			
	F0 to F1	F2	F3	F4
Hepatitis B	2 to 7	8 to 9	8 to 11	18 or higher
Hepatitis C	2 to 7	8 to 9	9 to 14	14 or higher
HIV/HCV co-infection	none	7 to 11	11 to 14	14 or higher
Cholestatic liver	2 to 7	7 to 9	9 to 17	17 or higher
NASH or NAFLD	2 to 7	7.5 to 10	10 to 14	14 or higher
Alcohol	2 to 7	7 to 11	11 to 19	19 or higher

<p>Your FibroScan® result is _____ kPa</p> <p>Date: _____</p>

Questions?

If you have any questions or concerns please contact your liver doctor or the clinic nurse below:

Toronto General Hospital – Liver Clinic
200 Elizabeth Street, Toronto, ON M5G 2C4
Norman Urquhart Wing – 13th Floor
Phone: 416 340 4868

For more information

Organization: The Toronto Centre for Liver Disease
Website: www.torontoliver.ca

Organization: Francis Family Liver Clinic (UHN)
Website: www.uhn.ca/MCC/PatientsFamilies/Clinics_Tests/Liver_Clinic/

Organization: Echosens™
Website: www.myliverexam.com/en/