

FibroScan® (Transient Elastography)

Patient Information Handout

What Is a FibroScan®?

A FibroScan® is a non-invasive test used to measure the stiffness and fat content of the liver. It helps your healthcare provider evaluate liver health without needles, incisions, or sedation. FibroScan® is commonly used to detect liver scarring (fibrosis), assess fatty liver disease, monitor liver conditions over time, and help determine disease severity and treatment response.

Why Might I Need a FibroScan®?

- Fatty liver disease (MASLD / NAFLD)
- Alcohol-related liver disease
- Chronic hepatitis B or C
- Elevated liver enzymes
- Suspected liver fibrosis or cirrhosis

How Does a FibroScan® Work?

FibroScan® uses a specialized probe placed on the skin over your liver. The probe sends painless vibrations into the liver, and sound waves measure how stiff the liver tissue is. Stiffer liver tissue may indicate scarring. There are no needles, radiation, or contrast dye used.

How Long Does the Test Take?

The test itself takes about 5–10 minutes. The entire visit usually lasts 15–20 minutes. You can return to normal activities immediately afterward.

What Happens During the Test?

- You will lie on your back with your right arm raised
- A small amount of gel is applied to your skin
- The technician places the probe over your liver area
- You will feel light tapping or vibrations
- Several measurements are taken to ensure accuracy

Do I Need to Prepare?

To ensure accurate results, do not eat or drink for at least 3 hours before the test. Take your usual medications unless told otherwise. Wear comfortable clothing that allows access to your right upper abdomen.

What Will I Feel?

Most patients feel mild vibration or tapping and no pain or discomfort. FibroScan® does not cause bruising or soreness.

Are There Any Risks?

FibroScan® is very safe with no known risks, no recovery time, and no exposure to radiation. The test is not recommended during pregnancy.

What Do the Results Mean?

FibroScan® provides two main results: liver stiffness, which suggests the degree of liver scarring, and a fat measurement (CAP score), which estimates fat content in the liver. Your provider will interpret the results along with blood tests, imaging studies, and your medical history. FibroScan® does not replace a liver biopsy in all cases, but it often helps avoid one.

Advantages of FibroScan®

- Non-invasive
- Quick and painless
- No sedation
- No downtime
- Can be repeated to monitor liver health over time