

# FibroScan® and Liver Disease

## Information for patients

Read this resource to learn about:

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



Liver diseases can cause your liver to swell which can lead to scarring or fibrosis. Advanced fibrosis is called cirrhosis. Talk to your liver doctor/nurse practitioner (NP) 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/NP 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/NP will give you more information about your results. The ranges are approximate.

Condition	Fibrosis stage and <b>approximate</b> cutoff values			
	F0 to F1	F2	F3	F4
Hepatitis B Hepatitis C HIV (co-infection)	2 to 8	8 to 10	10 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 to 10	10 to 14	14 or higher
Alcoholic Hepatitis	2 to 7	7 to 11	11 to 19	19 or higher

Your FibroScan result is \_\_\_\_\_ kPa

Date: \_\_\_\_\_

## For more information

- **Francis Family Liver Clinic (UHN)**  
Website: [https://www.uhn.ca/Medicine/Clinics/Liver\\_Clinic](https://www.uhn.ca/Medicine/Clinics/Liver_Clinic)
- **The Toronto General Hospital Centre for Liver Disease Chinese Hepatitis B Peer Support Group**  
Website: <https://chineseliversupportgroup.ca>
- **Echosens**  
Website: [www.myliverexam.com/en](http://www.myliverexam.com/en)

## Questions?

If you have any questions or concerns please contact your liver specialist.



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