



Liver scan (FibroScan®) patient information guide

This liver scan preparation guide contains important information about your upcoming FibroScan® appointment, including preparation instructions, scan duration, and how results are explained by your specialist at Moonee Valley Specialist Centre in Essendon.



Moonee Valley
SPECIALIST CENTRE

Gastroenterological and Related Care



What is a liver scan?

A liver scan, also known as a FibroScan®, is a non-invasive test used to assess liver health. The scan measures liver stiffness and can help detect liver fibrosis, fatty liver disease, cirrhosis, and other chronic liver conditions.

FibroScan® technology uses ultrasound-based imaging to evaluate the liver without needles, sedation, or surgery. The procedure is commonly performed as part of ongoing liver disease assessment and monitoring.

Quick facts

Duration	Approximately 10–15 minutes
Anaesthesia	Not required
Fasting	Do not eat, smoke, vape, or chew gum for at least 4 hours before your scan. Only water is allowed during this fasting period.
Recovery	No recovery time needed
Results	Discussed with your specialist following review. Results with referral are sent to the referring doctor. Results without referral are emailed to you with an explanation on the same day. Please check that your email is correct at reception. If you require further explanation, please ensure you book another nurse consultation appointment.

Important things to remember

- Wear loose, comfortable clothing to allow easy access to the upper abdomen area.
- Continue taking your regular medications unless advised otherwise by your specialist.
- Bring your referral letter and any recent blood test or imaging results.
- Let us know before your appointment if you are pregnant or have implantable medical devices.
- Arrive 10–15 minutes before your scheduled appointment time.

Preparation steps

• Day before - Morning

Continue normal daily activities and medications unless your specialist has advised otherwise. Ensure you remain well hydrated throughout the day.

• Day before - Evening

Avoid heavy meals or excessive alcohol intake before your appointment. Prepare any referral paperwork or previous test results to bring with you.

• 4 hours prior

Do not eat, smoke, vape, or chew gum for at least 4 hours before your liver scan appointment unless otherwise instructed. Small amounts of water are usually allowed.

• Day of procedure

Wear comfortable clothing and follow all fasting instructions carefully to help ensure accurate scan results.

What to expect

On arrival, our team will confirm your details and explain the procedure before your liver scan begins. You will be asked to lie comfortably on your back with your right arm raised above your head. A small amount of gel is applied to the skin on the right side near the rib area to prepare for the scan.

A small probe device is placed against the skin over the liver area. The device sends gentle waves through the liver to measure stiffness and fat levels using FibroScan® technology. Most patients describe the sensation as a mild tapping sensation on the skin.

Multiple readings are taken during the scan to help ensure accurate results. These measurements help your specialist assess liver tissue, detect abnormalities, and monitor liver health over time.

Your results will be reviewed by your doctor and may be discussed during the same visit or at a follow-up appointment. Your specialist will explain the findings and recommend any further monitoring, investigations, or treatment if required.

During the liver scan

- The scan is performed while you remain awake and comfortable.
- You will lie on your back with your right arm raised above your head.
- A small probe is placed against the skin on the right side near your ribs.
- The device sends gentle waves through the liver to measure stiffness and fat levels.
- Most appointments are completed within 30 minutes, including check-in time.

After the liver scan

No recovery period is required after a FibroScan® liver scan. You can eat, drink, drive, and return to work or normal activities immediately unless your specialist advises otherwise.

Your results will be reviewed alongside your medical history, blood tests, and any additional investigations to help guide diagnosis and treatment planning. If a follow-up consultation is required, this may be arranged separately to discuss your results and ongoing care.

Risks and safety of liver scans

- FibroScan® liver scans are considered safe, non-invasive, and well-tolerated for most patients. The procedure does not involve needles, sedation, or radiation exposure.
- While liver scans are generally low risk, some patients may experience mild temporary discomfort from the probe pressure during the procedure. Scan accuracy may also be affected in certain cases, including significant abdominal swelling or failure to follow fasting instructions.
- Pregnancy or implantable medical devices may require additional assessment before the procedure. Your healthcare provider will review your medical history and explain any relevant considerations before your appointment.
- All liver scans are performed in a controlled clinical setting by trained healthcare professionals using non-invasive FibroScan® technology, with a strong focus on patient safety, comfort, and accurate assessment.

Inform our specialists before your appointment if you are pregnant, have implantable medical devices, or are unable to follow fasting instructions. Eating within the recommended fasting period may affect the accuracy of your liver scan results.



Need to reschedule or have questions?

 **Phone:** 1300 938 148

 **Email:** reception@mvscentre.com.au

 **Address:** 1003 Mt Alexander Road,
Essendon VIC 3040



Scan to manage
your booking

