



## **FibroScan Prep Instructions**

### **About FibroScan:**

FibroScan uses a non-invasive method called VCTE (Vibration Controlled Transient Elastography) to assess the health of the liver. Specifically, it uses ultrasound technology to determine the degree of fibrosis or scarring that may be present in your liver from various liver diseases or conditions. A probe with gel will be placed on the patient's right ribcage. A low-frequency vibration is applied directly to the patient's skin, which produces a shear wave that is propagated through the liver. The velocity of the shear wave is measured using ultrasound. A minimum of 10 sites in the liver are examined. This is a non-painful test.

### **What to bring:**

- Bring photo ID and Insurance Card
- Bring a list of your current medications (including non-prescription)
- List of all allergies

### **Day of Test:**

- Do not eat or drink anything 3 hours prior to your test. You must be fasting
- You can take your usual medications with a small sip of water (no more than 4 fl oz)
- Wear loose clothing. Avoid one piece clothing such as rompers, jumpsuits, bodysuits, or dresses
- Arrive 15 minutes early

### **After the Test:**

The gel will be cleaned from your skin, and you can leave the exam room. You will be able to drive yourself home.