

WHERE CAN I HAVE A FIBROSCAN?

A FibroScan is completed at community clinics run by the Hepatitis Foundation of New Zealand or your local GP.

If you live with hepatitis B please call 0800 33 20 10 for information about where these community clinics are held.

If you're living with hepatitis C, please contact your GP for information about where these community clinics are held.

WHO IS ELIGIBLE FOR A FIBROSCAN?

You can have a FibroScan if:

- You have chronic hepatitis B or C
- You are enrolled with the Hepatitis Foundation
- A FibroScan clinic is available in your area.

HOW OFTEN WILL I NEED A FIBROSCAN?

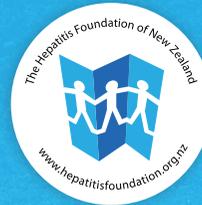
You may need a FibroScan yearly or once every three years. The frequency is dependent on your previous FibroScan results.

Your hepatitis nurse will let you know how often you need a FibroScan.

Please contact your GP if you have any questions about the FibroScan or your results.



Photo above: The FibroScan probe is placed on your skin where the liver is located. The probe generates a pulse, which sends waves to the liver, measuring liver stiffness.



**The Hepatitis Foundation
of New Zealand**

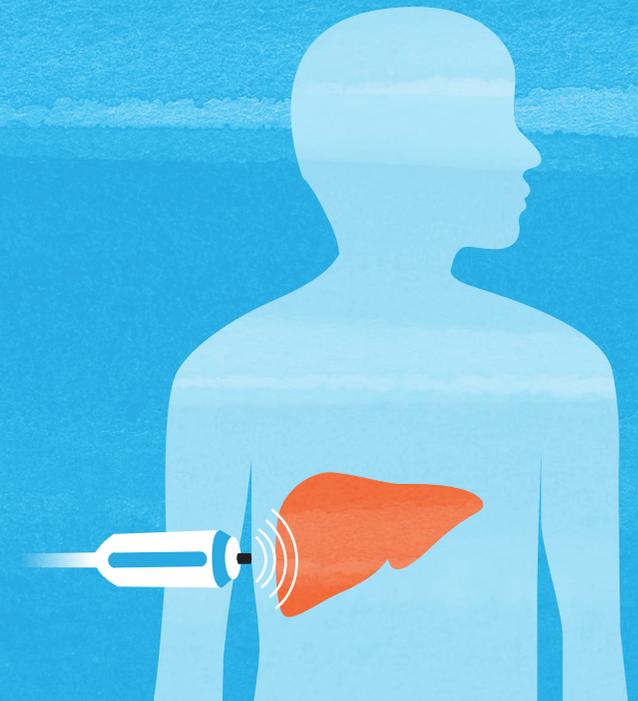
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www.hepatitisfoundation.org.nz

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Understanding the FibroScan®

A FibroScan® provides
information about the
health of your liver



Know it. Test it. Treat it.

A FibroScan® provides information about the health of your liver.

It is a simple, painless tool that determines if liver damage (fibrosis or cirrhosis) is present.

WHY DO I NEED A FIBROSCAN?

Chronic hepatitis causes liver damage. Having a FibroScan® is one of the most important things you can do to assess the health of your liver.

If the FibroScan shows there is liver damage, there are things we can do to reduce further damage and improve your liver health.

WHAT DOES IT INVOLVE?

You will lie on your back, with your right arm raised above your head. A probe will be placed on your skin where the liver is located.

The probe generates a pulse, which sends waves to the liver, measuring liver stiffness. The degree of stiffness determines if liver damage is present. A higher degree of stiffness indicates more damage.

IS IT PAINFUL?

No, having a FibroScan is painless. You will only feel a slight vibration on your skin at the tip of the probe.

The FibroScan has no side effects or complications, and there will be no need for pain relief.



HOW LONG WILL THE FIBROSCAN TAKE?

Most FibroScan assessments take between 10 and 15 minutes.

After the FibroScan assessment, your hepatitis nurse will speak to you about your liver and the FibroScan results.

DO I NEED TO REST AFTERWARDS?

No, you may continue with your normal daily activities. There is no need to rest or take time off work following a FibroScan.

CAN I EAT AND DRINK BEFORE MY FIBROSCAN?

Yes, you can eat and drink as normal before having a FibroScan.

HOW LONG WILL IT TAKE TO GET MY RESULTS?

Once the scan has been successfully completed, you will be given the result immediately.

WHAT DO THE RESULTS MEAN?

You will be provided with one of the following results:

- **Normal liver / no fibrosis:**
You have a healthy liver with no inflammation or scarring.
- **Mild fibrosis:**
You have a small amount of scarring on the liver.
- **Moderate fibrosis:**
You have a fair amount of scarring on the liver.
- **Severe fibrosis:**
You have a large amount of scarring on the liver. We will refer you to hospital for further review and tests.
- **Cirrhosis:** Your liver is very scarred, which may cause your overall health to deteriorate. We will refer you to hospital where you will have further tests. See the 'Cirrhosis and Chronic Hepatitis' brochure for more information.

Your hepatitis nurse will provide you with more information about the best plan of care for you.