



# Guide d'enseignement

## Gastroentérologie

## Fibroscan

### Definition

The Fibroscan is a liver examination performed using an ultrasound probe. This examination allows for the evaluation of the liver's condition. It can provide information on the presence of fat in the liver (steatosis) and measure its hardness (fibrosis). The Fibroscan also enables the monitoring of the progression of certain liver diseases. This examination can be used in conjunction with other tests for diagnosing specific liver conditions.

### Exam procedure

- A physician performs the examination.
- A Fibroscan typically lasts less than 5 minutes.
- You will be lying down on an examination table.
- Gel will be applied to your abdomen to improve the transmission of images by the probe.
- The examination probe will be applied to the right side of your abdomen to allow the physician to assess the liver's condition.



Figure 1 Fibroscan  
Service d'illustration médicale, CHU  
de Québec, 2023.

## During the examination, you may experience:

The Fibroscan is a painless examination. The physician visualizes the liver using the probe.

## Preparation before the examination

- This examination does not require any specific preparation.
- You must fast for at least 4 hours before the examination. Water is allowed.
- You can continue taking your regular medications.

## Complications of the examination

- This examination poses no risk.
- In some cases, it may be difficult to obtain a very precise result.

## It is important to notify the healthcare provider if:

- You are pregnant or think you might be.

## Prepare for your visit the examination

- Arrive **15 minutes before your scheduled appointment time**.
- For appointments at the Enfant-Jésus Hospital: Go to Entrance E of the outpatient clinics on the basement level. For appointments at CHUL: Go to the outpatient consultations area through the rear entrance of the hospital.
- Bring your **health insurance card and hospital card**. If you don't have a hospital card, plan to arrive a few minutes early to obtain one.
- Bring an **updated list of your medications**.
- Avoid consuming alcohol** for 72 hours (3 days) before the examination.

## Personal notes :

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This guide makes recommendations in accordance with the scientific information available at the time of its publication, i.e. July 10, 2023. However, these recommendations are in no way a substitute for the judgment of a clinician. If you have any questions, we invite you to contact your healthcare professional. If in one way or another you misuse the information contained in this document, the CHU de Québec cannot be held responsible for any damages of any kind in this regard.



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