



Test Preparations: Liver Elastography

About liver elastography

2D shear wave liver elastography is a modern technology to measure the stiffness of your liver. Liver stiffness is caused by deposition of fibrous scar tissue when the liver tries to repair itself from damage caused by conditions like Hepatitis C. This non-invasive ultrasound scan uses high-frequency sound waves (which are then converted to images) to give your doctor a look inside your liver without the use of radiation, and without surgery or other invasive procedure. The sounds waves are also used to assess the stiffness of your liver.

Is this the same as Fibroscan?

Fibroscan is the trade name of an older technology to measure liver stiffness, called "transient elastography". It is not an image-based test, and it is not as accurate or reliable as our newer 2D shear wave elastography. Your doctor will be able to easily compare our results with any previous Fibroscan tests you may have taken.

Why use 2D elastography instead of Fibroscan?

- > **More accurate** than Fibroscan
- > **Less expensive** than Fibroscan, and no extra charges for steatosis (fatty liver) assessment
- > **More convenient** – get your ultrasound done at same time, no need for multiple appointments
- > **The entire liver is imaged** to assess for potential liver masses. Fibroscan is not an imaging tool.

Cost

This test is, unfortunately, not covered by OHIP. Our current price is \$80, which includes stiffness testing, fatty liver testing, and ultrasound imaging of the liver for masses.

Before the test

Avoid excess fats the night prior to the exam and solid foods 8 hours before the exam. Small quantities of clear fluids are permitted. Any medication should be taken as required. If you are also having a pelvic ultrasound at the same session, you should also drink 1L of water prior to the exam. Do NOT empty bladder.

During the test

You will be asked to take everything off from the waist up and put on a gown. The technologist will take you into the exam room.

After the test

Once the test is completed, you are able to return to your normal activities. Your doctor will receive a report in a day or two.

Your requisition form

To avoid delays on the day of your test, ensure that you bring your health card and your requisition. Also, confirm that your doctor included the following on your requisition form:

- > Patient full name, sex, date of birth
- > Physician name and signature

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