Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Well Liver Clinic

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Well Liver Clinic

Patient Information

Hepatology Specialist Nurses Service

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Well Liver Clinic

A health professional has referred you for an assessment in the ‘Well Liver Clinic’. This may be due to concerns about your alcohol consumption. This assessment will be completed by an experienced Alcohol Liver Nurse Specialist and will last for approximately 30 minutes.

At this clinic appointment we can offer you:

- An alcohol assessment.
- You will be given advice around your alcohol use and safe reduction advice.
- You will be offered a referral on to ‘The Recovery Partnership’ for further support.
- A prescription can be completed for Thiamine if not already prescribed.
- You will have a Fibroscan to assess for any Liver damage.
- You will be given advice on looking after your liver in the future.

If you need to drink a small amount of alcohol to prevent alcohol withdrawal symptoms before attending your appointment, then this is acceptable but please do not attend the clinic intoxicated, as you will be asked to leave.

What is a Fibroscan and why do I need it?

The Fibroscan is a type of ultrasound medical device that is designed to measure liver stiffness. It is recommended that you have a Fibroscan to allow the team responsible for looking after you to better understand the condition of your liver. A normal liver should be soft and elastic. The stiffer the liver, the more damage has been done.

What are they benefits of this scan?

The benefit of having a Fibroscan is that it measures the stiffness of your liver. It is a painless, quick and easy procedure and you will not be required to attend hospital for the scan to be performed.

Are there any risks to having a Fibroscan?

During the Fibroscan a probe will be placed on your skin, and you will feel mild vibrations from the tip of the probe. Otherwise, there are no associated risks.

Are there any alternatives to a Fibroscan?

The alternative to a Fibroscan is a liver biopsy. This is an invasive procedure that requires a needle to be passed into your liver and a small sample to be taken. This is a procedure that carries some risks, including pain and bleeding.

Am I Suitable for a Fibroscan?

You should not have a Fibroscan if you:

1. Are pregnant.

2. Have any implantable devices, such as a defibrillator or a pacemaker.

3. You have ascites (a collection of fluid in your abdomen).

Before the Fibroscan

Please do not eat anything for 2 hours before your appointment for a Fibroscan. You can have sips of water but avoid drinking large amounts of fluid and take prescribed medications.

You will be expected to expose the right side of your abdomen (tummy) for the Fibroscan and will not be required to remove any clothing. If possible female patients should avoid wearing a dress.

What happens during the Fibroscan?

You will be asked to lie on an examination couch and place your right arm above your head. The nurse will feel your abdomen to find the correct location to perform the scan. He/she will place the probe on your abdomen and trigger it to start.

The sound waves will be emitted from the probe in pulses. They will pass through the skin to your liver and bounce back. This will feel like a gentle flick against your skin – it should not hurt.

The scan involves taking a minimum of ten measurements.

The procedure normally takes between 10 to 20 minutes.

What happens after the Fibroscan?

You will be able to go home or return to work immediately after the procedure. You can drive as normal and eat and drink as usual. You do not need to be accompanied and can exercise as normal after the scan.

Follow Up

The nurse will be able to tell you the results immediately after the scan and your GP will receive a letter with the results.

Contact Details

Appointments:

01942 264910

Hospital Switch Board:

01942 244000

Alcohol Liver Nurse Specialist:

01942 822840

Hospital based Alcohol Nurse Team:

01942 822289

Addaction referral line:

01942 487578



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