

Your guide to getting a test for liver scarring



Your fatty liver disease could actually be MASH. Left unchecked, MASH can lead to irreversible scarring. A test for liver scarring is the only way to know. **This Test Request Guide is a step-by-step guide to help you work with your specialist to put a liver testing plan into action.**

1 Ask for a test for liver scarring

When you ask, also let your specialist know if you have other health factors associated with liver disease, including type 2 diabetes, high blood pressure, high triglycerides, or abnormal cholesterol levels.

Notes:

2 Ask your specialist which test is best for you

Tests for liver scarring may include imaging tests such as FibroScan®, blood-based tests such as FIB-4 or ELF, or a liver biopsy.

Notes:

3 Identify where your test will take place

Depending on the type of test your specialist recommends, you may be able to receive it at your specialist's office. However, some tests may require going to a lab, a hospital, or other type of facility.

Notes:

4 Schedule the test or get a referral

If the test will be conducted in the specialist's office, schedule it before you leave. If the test needs to be done in a different facility, such as a lab or hospital, make sure you know what steps need to be taken to make the appointment.

Notes:

5 Clarify the steps after testing

Find out how you will receive your results and who will review them with you. If you are diagnosed with liver scarring, make sure you have a liver specialist who can help manage your condition.

Notes:

ELF=enhanced liver fibrosis; FIB-4=Fibrosis-4; MASH=metabolic dysfunction-associated steatohepatitis. Formerly called NASH (nonalcoholic steatohepatitis).

Take a screenshot or print this out and bring it to your next appointment.