Direct-to-Test FibroScan Pathway for General Practice

University Hospital Dorset (UHD)

WHAT is a FibroScan?

A FibroScan® is a non-invasive ultrasound-based test measuring liver stiffness (fibrosis) and fat (steatosis). It is quick, painless, provides immediate results, and reduces the need for liver biopsy.

WHY refer via a Direct-to-Test pathway?

Early identification of liver fibrosis, improved risk stratification in primary care, reduced unnecessary outpatient referrals, and faster access to appropriate lifestyle or specialist intervention.

WHO should be referred?

Adults aged ≥16 and <85 years with raised Fib-4 (>8), abnormal liver function tests, metabolic risk factors (obesity, type 2 diabetes), harmful alcohol use, or other chronic liver disease risk factors.

WHERE does the FibroScan take place?

University Hospital Dorset FibroScan service, delivered by the Hepatology team as part of the Community Diagnostic Centre pathway. Test-only appointment – no routine clinic review.

WHEN should you refer?

Persistent abnormal LFTs, raised Fib-4/ELF score, or patients identified as moderate or high risk of liver disease requiring further non-invasive assessment.

HOW do you refer? (ICE Decision Pathway)

GP selects FibroScan in ICE
Raised FIB-4 or ELF score? → NO = STOP | YES = Enter score
Abnormal LFTs? → YES: Has Non-Invasive Liver Screen been requested?
NILS not requested → Request NILS first
NILS positive → Request FibroScan + refer via Advice & Guidance
Assess metabolic risk factors: Diabetes, Heart disease, Cerebrovascular disease, Obesity
Mandatory data: Height | Weight | BMI | Weekly alcohol units
Submit FibroScan request

Post-Scan Results & GP Action

≤8 kPa: Repeat pathway after 3 years if LFTs remain abnormal. 8–13 kPa: Repeat FibroScan and bloods in 1 year. >13 kPa: Refer to Hepatology via Advice & Guidance. Lifestyle advice must be provided to all patients.