

Gastroenterology

Transient Liver Elastography

To ensure best results, follow instructions carefully and completely.

****IMPORTANT: If you arrive and have had anything by mouth (including water) within 3 hours of your exam, your appointment will be cancelled****

Exam Requirements:

- BMI less than 42%
- You must be able to lie flat on your back with your right arm raised above your head, right ankle crossed over the left ankle and bent to the left at the waist for up to 30 minutes (in the shape of a banana).
- **Fasting is required for 3 hours** before your scheduled exam time. This includes **no water or medications** during that time.

Before the Procedure

- Take necessary medications with a sip of water **before** your 3-hour fasting period begins.
- Please hold all supplements until after the exam is complete.
- **No alcohol for 5 days** prior to the exam.
- *Do not eat or drink anything (including water) **within 3 hours** of your exam.*

During the Procedure

- Wear loose and comfortable clothing to allow access to upper abdominal area.
- You will be required to lie flat on your back with your right arm raised above your head on an exam table for up to 30 minutes.
- The physician/technician will then apply a small amount of gel on the skin overlying the liver which is the right lower outer chest wall.
- The physician/technician will then apply a small probe to the skin chest wall overlying the liver.
- Once the probe is in an acceptable location, the physician/technician will activate the probe to send a shear wave through your liver. This will feel like a light vibration on the right side of your ribcage. It should not be painful. This process will be repeated at least 10 or more times until the liver imaging is complete.
- If you experience pain, notify the physician/technician at any time.

After Completing the Procedure

- The results of your Liver Ultrasound Elastography testing will go to the supervising physician for interpretation.
- You will be notified within 10 business days of your results and recommendations.

Should you have any questions regarding this appointment, the preparation or you need to reschedule, please contact the office at (941) 262-0400 to speak to a member of the clinical staff.



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