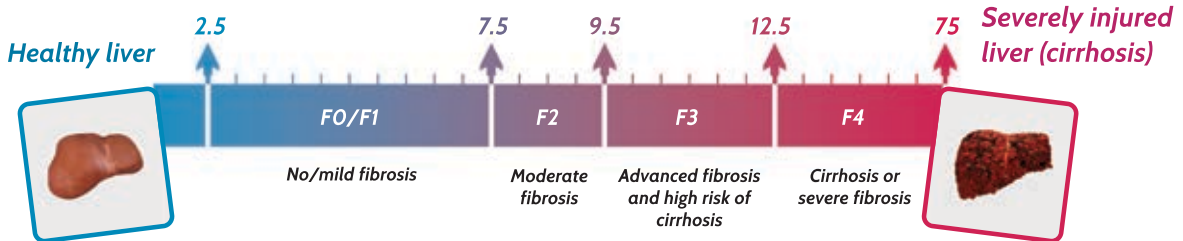


# Fibroscan Score Card for Hep C

A Fibroscan measures liver stiffness using sound waves—a scarred liver is stiffer than a healthy one. It is a quick and painless procedure, similar to an ultrasound.

Your Fibroscan score

Date: \_\_\_\_\_



Fibrosis = scarring or stiffness of the liver. Fibrosis is measured in F scores, which range from F0 to F4.

## What your score means for your care

### Less than 7.5 = F0/F1

- Have regular checkups to monitor your liver.
- Learn about Hep C treatment options.
- Care for your liver and take steps to keep it healthy.

### 7.5 to 9.5 = F2

- Have a Fibroscan every year, if possible.
- Talk to your care team about Hep C treatment options.
- Keep caring for your liver.

### Above 9.5 = F3/F4

- Seriously consider treatment.
- See your doctor and your healthcare team regularly.
- You are at higher risk for liver cancer at this stage. Talk to your doctor about additional monitoring and screening tests.
- Keep caring for your liver.

## Caring for your liver

In addition to taking medication to treat Hep C, you can do many things to care for your liver and yourself:

- Take care of yourself by drinking enough water, eating as well as you can, exercising and getting enough sleep.
- Try to avoid or cut back on fatty foods, alcohol, street drugs, cigarettes and stress; these can increase injury to your liver.
- Get tested for HIV, which is passed in similar ways to Hep C. If you're already living with HIV, talk to your doctor about how you can manage both your HIV and Hep C.
- Talk to your healthcare provider about getting vaccinated for Hep A, Hep B and influenza (the flu). Your healthcare provider may also recommend other immunizations.

- Talk to your healthcare provider about symptoms you're experiencing. Some symptoms can be signs that injury to your liver is getting worse.
- Talk to your healthcare provider about which over-the-counter drugs, such as painkillers and supplements, are safe to use.
- Learn how Hep C is transmitted and take steps to prevent passing it on to others or, if you've already been cured, to prevent getting it again.

## Resources

Find HIV and hepatitis C services near you at [www.hcv411.ca](http://www.hcv411.ca)



CATIE is Canada's source for HIV and hepatitis C information. Learn more at [www.catie.ca](http://www.catie.ca) or call 1-800-263-1638



Production of this resource has been funded in part by unrestricted educational grants from Gilead Sciences Canada, Inc. and Merck Canada.

We gratefully acknowledge content review provided by the Canadian Association of Hepatology Nurses (CAHN) and the British Columbia Centre for Disease Control (BCCDC).

Disclaimer: Information in this resource is not medical advice. Decisions about treatment should always be made with the advice of a doctor who knows about HIV or Hep C. Treatment changes, so talk to a doctor to get the latest information. The opinions in this resource may not be the views of CATIE, its partners or funders. Information on safer drug use is not meant to promote the use or possession of illegal drugs.

Additional packs of the Fibroscan score card  
are available through the CATIE Ordering Centre at  
[www.catie.ca](http://www.catie.ca) or 1-800-263-1638.

CATIE Ordering Centre No: ATI-70168  
(aussi disponible en français, ATI-70169)