

## 肝纖維掃描檢查須知 Points to note for FibroScan® examination



檢查前 **4小時禁食** (可飲用少量清水)，檢查過程只須大約15分鐘。

**Fasting for 4 hours** before the examination (small amount of water is allowed).  
In general, the examination lasts around 15 minutes.

不建議**肝酵素過高**人士檢查，因肝臟發炎會令肝硬度提高，令肝纖維化的評估不準確。

Patients with **high liver enzymes** are not appropriate for testing, as liver inflammation will increase the stiffness of the liver and over-estimate the severity of liver fibrosis.

## 檢查過程 Examination Process

1

被檢查人士平躺在床上，右手放於頭後。  
The examinee lies on his/ her back with right arm raised behind the head.

2

醫護人員會在受檢查者的皮膚上塗上水溶性啫喱，並把FibroScan® 探測器輕放於肋骨之間的皮膚表面。  
The physician applies water-based gel to the skin and places the FibroScan® probe in an intercostal space with slight pressure.

3

探測器釋出對人體無害的衝擊波至肝臟，測量肝臟脂肪含量及纖維化的程度。  
A harmless elastic shear wave is released from the probe to measure the severity of fatty liver and liver fibrosis.

4

被檢查者可即時知悉檢測結果。一般來說，每次檢測需時不超過15分鐘。  
The examinee will be informed of the result immediately. In general, the examination lasts around 15 minutes.



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## 交通設施 Traffic Facilities

本院設有免費穿梭巴士，行走本院及大圍港鐵站。  
Free Union Hospital Shuttle Buses run between the Hospital and Tai Wai MTR Station.

專線小巴 Green Mini Bus : 68K (由沙田及大圍港鐵站開出)  
(From Shatin and Tai Wai MTR Station)  
公共巴士 Buses : 46P, 46X, 80, 80P, 85B, 87B, 89B, 249X, 281M, 286X, 287X (由九龍開出 From Kowloon)

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## Union Integrated Liver Centre 仁安綜合肝臟治療中心

# 肝纖維掃描



## FibroScan®

無創肝臟檢測：

△ 脂肪肝 △ 肝纖維化



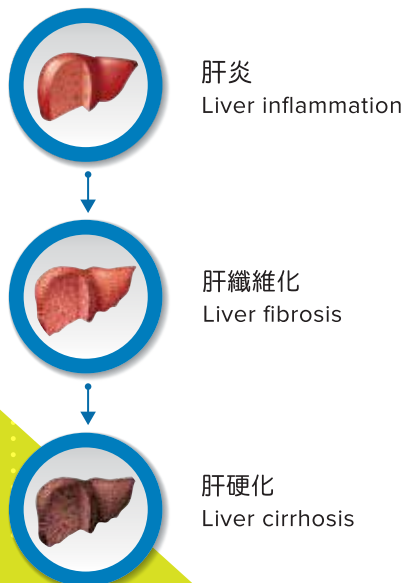
## 檢測肝纖維化的重要性

肝臟長期發炎，會增加纖維組織，此病變稱為肝纖維化。如情況繼續惡化，會發展為肝硬化，繼而增加肝癌的風險。肝癌是本港最常見的致命癌症之一。乙肝、丙肝、脂肪肝、糖尿病及過量飲酒都是肝硬化的高危因素。防患未然，高危人士應及早檢測及評估肝纖維化的嚴重程度。

## Importance of Liver Fibrosis / Cirrhosis Assessment

Liver Fibrosis refers to the formation of excess fibrous tissue in the liver as a result of long-term inflammation. When liver fibrosis worsens, it can progress into liver cirrhosis. Many liver cancer cases are associated with liver cirrhosis. Liver cancer is one of the most common causes of cancer death in Hong Kong. Chronic hepatitis B & C, fatty liver disease, diabetes mellitus, and alcoholism are common causes of liver cirrhosis. As liver fibrosis is the early pathological process of liver cirrhosis, assessment of liver fibrosis has become an important clinical parameter to predict the risk of liver-related complications.

## 肝硬化三大階段： Progression of liver cirrhosis



## 肝臟檢查

檢查肝臟健康，不可不驗肝酵素。但它只能反映肝臟的發炎情況，不能反映肝纖維化的狀況。肝穿刺活組織檢查（肝活檢）是傳統檢查肝纖維化的黃金標準。可是，此檢查具創傷性，須局部麻醉及留院觀察，更有潛在的出血風險。因此，以肝纖維掃描作為評估肝臟纖維化程度是不可或缺的檢查項目。

## Liver Assessment

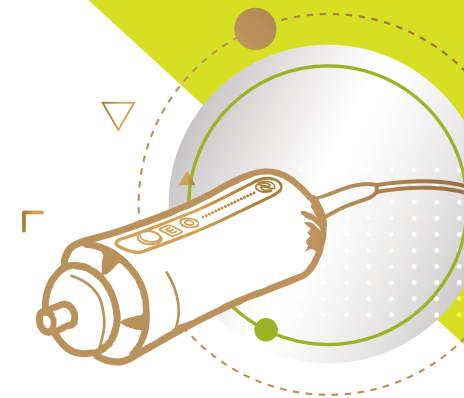
Blood tests including liver enzymes only reveal the degree of inflammation in various types of hepatitis, but they cannot measure the severity of liver fibrosis. Although liver biopsy is the traditional gold standard to assess liver fibrosis, its use is limited by its invasive nature and the risk of bleeding. Therefore, Union Hospital has introduced FibroScan® as a non-invasive tool for liver fibrosis assessment.

## 肝纖維掃描

FibroScan® 是一項無創、方便及準確性高的肝脂肪含量及肝纖維化檢查。被檢查者會平躺在床上，檢查人員把探測器放於肋骨之間的皮膚上，探測器會釋出對人體無害的衝擊波至肝臟，並會以超聲波去量度衝擊波的速度。被檢查者只會感到由探測器末端傳來的輕微震動，完全不會感到任何痛楚。檢查完全沒有輻射或出血的風險。

## FibroScan®

FibroScan® is a non-invasive, convenient, and accurate assessment for fatty liver and liver fibrosis. During the assessment, the operator places the probe in an intercostal space with slight pressure. It generates a harmless elastic shear wave from its probe to the liver tissue. This wave is tracked and measured by ultrasound. The examinee could only feel slight vibration at the tip of the probe. FibroScan® examination is simple, safe, and painless.



## 優點 Advantage

## 風險 Risk

<b>肝活檢</b> Liver Biopsy	<ul style="list-style-type: none"> <li>✓ 診斷肝纖維化的黃金標準 Gold standard for assessment of liver fibrosis</li> <li>✓ 診斷肝臟發炎程度 Can detect inflammation in the liver</li> </ul>	<ul style="list-style-type: none"> <li>⚠ 具入侵性 Invasive method</li> <li>⚠ 須用刺針抽出病人的肝臟組織進行化驗，並有出血風險 Tissue is obtained from the liver with bleeding risk</li> <li>⚠ 需要等候病理科醫生報告 Need to wait for reporting by a pathologist</li> </ul>
<b>肝纖維掃描</b> FibroScan®	<ul style="list-style-type: none"> <li>✓ 非入侵性 Non-invasive method</li> <li>✓ 即時知道檢測結果 Results immediately available after the examination</li> <li>✓ 能準確量度肝纖維化及檢測輕微脂肪肝 Allow accurate measurement of liver fibrosis and fatty liver</li> <li>✓ 檢測結果以數值表達，可重複使用以作日後比較 Numeric results allow monitoring by repeated examinations</li> </ul>	<ul style="list-style-type: none"> <li>⚠ 未能知道肝臟發炎程度 Cannot detect inflammation in the liver</li> <li>⚠ 肥胖人士的檢測成功率比較低 Success rate will be lower in obese people</li> </ul>
<b>超聲波檢查</b> Ultrasonography	<ul style="list-style-type: none"> <li>✓ 非入侵性 Non-invasive method</li> <li>✓ 可即時知道肝臟有否腫瘤 Good for screening of focal abnormalities in the liver such as cancer</li> </ul>	<ul style="list-style-type: none"> <li>⚠ 只能檢測嚴重的脂肪肝及肝硬化，未能診斷出肝纖維化 Can only identify severe fatty liver and advanced cirrhosis, unable to pick up liver fibrosis</li> </ul>
<b>肝酵素</b> Liver enzymes	<ul style="list-style-type: none"> <li>✓ 反映肝臟發炎程度 Indicate liver inflammation</li> </ul>	<ul style="list-style-type: none"> <li>⚠ 不能診斷肝纖維化情況 Unable to assess liver fibrosis</li> </ul>