



LIVER ELASTOGRAPHY (VTQ)

Patient: _____ Appointment Date: _____

Appointment Time: _____ am/pm

Location: Diagnostic Imaging Department, lower level at Mankato Clinic
1230 East Main Street, Mankato, MN 56001
Please enter the Mankato Clinic front door (marked #50)

Please check in at the Diagnostic Imaging Department.

If you are unable to keep your appointment or have questions, please call (507) 389-8570.

What is a/an Liver Elastography (VTQ) ultrasound:

A liver elastography ultrasound is a noninvasive tool that utilizes virtual touch quantification to obtain measurements of your liver stiffness in several different locations. This helps providers monitor liver disease and how treatment is working. This is most commonly done for patients with Hepatitis C, cirrhosis, and other liver associated problems. This test is just like any other ultrasound as it uses sound waves, not radiation, and an instrument called a transducer to obtain images of the liver inside your abdomen.

How do I prepare for the test:

- We recommend that you contact your insurance company prior to your appointment to understand what your coverage is for this test. If they ask for an exam code, please use 76981. Because some insurances may consider this test investigational and not cover any/all of the cost, you will be asked to sign a waiver for this prior to the test being performed. The waiver will state the maximum out-of-pocket you would possibly be responsible for.
- At least 6 hours prior to your test, **DO NOT** eat or drink anything. This includes no smoking and no chewing gum. You may take your morning medication with a small amount of water.
- You must have had a liver, abdomen, or right upper quadrant (RUQ) ultrasound done in the past 6 months, or your provider will have this completed at the same time as the liver elastography test.
- To provide the best service and ensure your safety, young unsupervised children should not accompany parents to their Ultrasound appointments. Safety practices limit the number of people in the testing room and young children are not to be left unsupervised while in the waiting room or lobby. This will also ensure you can relax during the test which will result in better image outcomes.
- Arriving late or not following the above preparation instructions may result in rescheduling your test.

What will happen during the test:

- You may be asked to undress, and a gown will be provided to you.
- You will be asked to lie on a bed.
- This exam may take up to 60 minutes to complete.
- Warm gel will be placed on your abdomen.
- A transducer will be moved around on your abdomen during the exam, and pressure may be applied to improve the quality of the image.
- The sonographer will take several images, and you may be asked to hold your breathing for certain pictures.
- Your images will be reviewed and read by a radiologist.
- The final signed report will be sent to the provider that ordered your exam.

Instructions for after your test:

- You may resume your regular diet unless you have been given other instructions.
- Your test results will be available in your patient portal immediately after your provider reviews them. Your provider will discuss the results with you at your follow-up appointment. If you do not have a follow-up appointment, your provider will contact you by letter or phone within five to seven business days.