

Who to call when you have a question about your surveillance or liver follow up?

Please contact the liver helpline on 0151 430 1981 and leave your name, hospital number and/or date of birth as well as your questions for the team. A staff member will call you back within 24-48 hours. Please note this is **not** an emergency line and if any concerns to health please seek medical advice.

Liver helpline
0151 430 1981
Monday– Friday 8.30-4.30

There may be students and observers present during your consultation as part of their ongoing training. Please let the staff know if you do not wish any students to be present during your attendance.

Please ask a member of staff if you would like a chaperone present during your procedure.

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

St Helens Hospital
Marshall Cross Road,
St Helens, Merseyside, WA9 3DA
Telephone: 01744 26633

Liver surveillance

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتيسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

The aim of this leaflet is to provide information to patients diagnosed with chronic liver disease and what HCC (Hepatocellular Cancer) surveillance is.

The liver and liver disease

Cirrhosis is the result of long-term, continuous damage to the liver and may be due to many different causes. The damage leads to scarring, known as fibrosis. Irregular bumps (nodules) replace the smooth liver tissue and the liver becomes harder. Together, the scarring and the nodules are called cirrhosis.

- Fibrosis is a build-up of scar tissue, from on-going inflammation and cell death. Treating the cause of the inflammation may prevent further liver damage and may stop or reverse some or all of the scarring.
- Cirrhosis is when inflammation and fibrosis has spread throughout the liver and permanently changes the shape and function of the liver. Even at this stage however, people can have no signs or symptoms of liver disease.

Of those people with cirrhosis, approximately 3% can go on to develop a liver cancer called a hepatocellular cancer. Having liver disease does not mean you will develop a cancer, but the risks are increased with this diagnosis.

Alpha-fetoprotein (AFP) is the main blood test we are undertaking. In some people who develop liver cancer, the AFP levels will rise, however this is not the case for all liver cancers so we utilise other scans if this result is elevated.

What does surveillance involve?

Surveillance involves having blood tests and an ultrasound scan every 6 months and a yearly follow up in clinic with the liver team. The bloods that are taken will include routine bloods (liver function test, full blood count, coagulation, renal function and AFP).

Why have surveillance?

The purpose of surveillance is not only to detect a cancer, but to also be able to review if there is general deterioration in your liver health. Including accumulation of fluid or development of portal hypertension.

If you cannot make your ultrasound appointment it is important to cancel it with the Radiology Department. Appointments are held in a variety of settings/hospitals and we do offer evening and weekend appointments.

If you do not attend two ultrasound appointments in a row without contacting the department or attempting to be rebooked, you will be discharged from the programme.

What happens next?

You will receive your appointment to attend the ultrasound scan in the post. When you are seen in clinic, the nurses will discuss with you when and how to get your 6 monthly bloods taken. The bi-yearly blood tests do not have to be done at the same time as your ultrasound scan.

A clinic appointment, either telephone or face to face will be offered to you once you have been enrolled at least yearly.