

# Helpful questions

## for your next liver check



Preparing for your liver check with your doctor can help you get the most out of your appointment. Take some time to think about what you want to find out and the questions you will ask. We have provided some helpful questions below you might like to ask.

If you have more questions following your appointment, you can also call our Infoline on **1800 437 222**.

**I'm worried I'll be at risk of liver disease, can I have a blood test to check my liver?**

**How and when will I get the results of the test?**

**If the blood test is abnormal, are there more tests I can have to investigate further, like a liver scan?**

**What can I do to help improve my liver health?**

- Are there any dietary changes I need to make?
- What is the best physical activity for me to try? How much should I do?
- Can you support me to set some goals or refer me to someone who can help me with these changes (for example a dietitian or My Health for Life program)?

**Is it safe for me to drink alcohol?**

**How often should I get my liver checked?**

**Add your own questions here:**