

Questions to ask your doctor about non-alcohol related fatty liver disease (NAFLD)

Don't be afraid to ask more questions if you don't understand any points the doctor makes. Take someone along with you for support if that will be helpful.

What is NAFLD and why have I got it? How will it affect my ability to do the things that are important to me (for example family life, work, hobbies)?

How advanced is it? Does my liver have any scarring (fibrosis)?

Do I need further tests or investigations to find out more? What are they for and what will the results mean? How and when will I get the results? Who should I contact if I don't hear anything or if I have questions about the results?

Who will be in charge of my care and how often will I have an appointment with them? Who is my main point of contact?

Do I need to lose weight? If so, how much should I lose in total? And what is a good weekly goal?

What changes do I need to make to my daily life? Where should I start?

What are the best things for me to eat and drink? What should I cut down on?

What is the best type of physical activity for me to try? How much should I do?

Can you refer me to someone who can help me with these changes (for example a weight loss programme or a dietitian)?

How can I tell if my NAFLD is getting better or worse? Is there anything I can monitor myself?

Are there any research trials I could take part in?

Can I have copies of any test results or correspondence relating to my care?

**For more information and advice
visit www.britishlivertrust.org.uk
or call our nurse-led helpline 0800 652 7330**

Your questions and notes

You can use this space to write down your own questions for the doctor and any symptoms you're concerned about. It can be helpful to prepare a symptom diary, with details on when your symptoms started, how long they last and whether anything makes them better or worse. You might also find it useful to note down important points in your medical history such as long-term health conditions with dates, and a list of your medication.

Your questions

Your symptoms

Other notes (eg medication or health conditions you would like to mention)

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