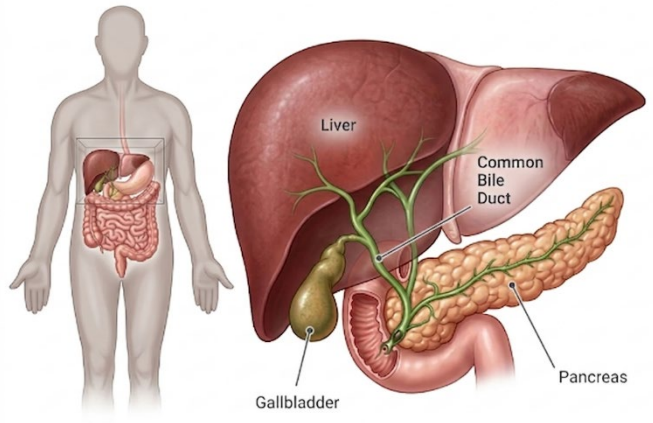
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FIBROSIS 4 (FIB-4)

FIB-4 is the most widely used non-surgical method for estimating the degree of liver fibrosis. It's a simple, inexpensive, and widely available tool that can help identify individuals at high risk of advanced liver fibrosis, especially in patients with human immunodeficiency virus and hepatitis C virus (HCV) co-infection. It has been validated in subjects with HCV infection alone, as well as in those with hepatitis B virus (HBV) infection or non-alcoholic fatty liver disease (NAFLD) and those with Metabolic Associated Fatty Liver Disease (MAFLD).



What is the FIB-4 test?

The Fibrosis-4 (FIB-4) test is a non-invasive blood test used to assess the risk of advanced liver fibrosis, which is scarring of the liver.

When is the test ordered?

It is recommended that the FIB-4 be used to evaluate liver fibrosis in patients with risk factors for chronic liver diseases, such as:

- diabetes
- obesity
- excessive alcohol consumption.

How is this test done?

Samples for Fibrosis 4 does not require any preparation.

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The laboratory will measure your ALT, AST and Platelet count. FIB-4 index is calculated with a formula using AST, ALT, platelet count, and patient age.

Specimen Required: Blood

Interpretation of Results:

Stage	Value	Stage of Fibrosis
Stage 1	< 1.45	Mild Fibrosis
Stage 2	1.46 - 3.25	Moderate Fibrosis
Stage 3	> 3.25	Severe Fibrosis
Turnaround time	24hrs.	

Frequency of testing:

Repeated testing of FIB-4 within 5 years improves the identification of individuals at an increased risk of severe liver disease in the general population. However, the sensitivity is comparatively low and improved tests are needed for screening in a general population or primary care setting.

Limitations:

The FIB-4 test is not a perfect indicator of liver fibrosis and should be considered alongside other factors, such as liver imaging (like ultrasound or Fibroscan) and other clinical information.

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