British Society of Gastroenterology guidelines on the investigation of suspected liver disease in adults

Our newly updated British Society of Gastroenterology guideline on the investigation of suspected liver disease in adults is now available, providing a practical, evidence-based approach to identifying, investigating and risk-stratifying adults with possible liver disease across primary and secondary care.

The guideline represents a major update and expansion of the previous BSG guidance on abnormal liver blood tests. It incorporates important developments including the new steatotic liver disease nomenclature, advances in non-invasive fibrosis assessment and increasing evidence supporting targeted case finding in people at high risk of advanced liver disease.

Key areas covered

- Investigation of abnormal liver blood tests - who to test and what investigations to conduct
- Relex laboratory testing for aetiology and fibrosis staging
- Investigation of liver disease found incidentally on imaging
- Liver fibrosis staging with 2-step pathways using FIB-4 followed by ELF of VTCE
- Who to refer to secondary care
- Case finding in people at high risk of liver disease

Prof Stuart McPherson who chaired the Guideline Development Group (GDG) says:

"Investigation of suspected liver disease is very variable across the country and patients frequently present late with advanced liver disease, potentially missing opportunities for treatment. This guideline provides clinicians with a pragmatic approach to identifying the cause of suspected liver disease and guidance on fibrosis testing to identify those at risk of liver related complications. We hope the guideline will help standardise pathways, reduce unnecessary investigation and referral, and ensure that people with significant liver disease are identified and treated earlier."

What the patient's say; *(Erica Fairbairn)*

"As a liver patient, I know how important it is to receive an early and accurate diagnosis, so that the right treatment and care can begin as soon as possible. This new guideline, informed by advances in research and clinical understanding, should help patients receive the right diagnosis and care earlier, with the potential to improve their long-term health."

The guideline is available to read HERE

Our guideline was developed using GRADE methodology to provide the most up to date recommendations and best practice statements. The process was overseen by the BSG Clinical Services committee (CS).

Our guidelines grow out of the collaborative efforts of many members and non-members, specialists and generalists and people with lived experience of the topic being covered.

All BSG guidelines are published in *BMJ GUT* under an open access licence and available for free via the BSG website.

To find out more about our guidelines, please email the CS Support Officer, Lisa Moore, lmoore@bsg.org.uk or visit Gastroenterology and Endoscopy Guidelines | BSG