

# It can be intimidating to ask your specialist for a liver test

Sometimes we deprioritize our own knowledge and feelings because we think specialists have all the answers. But a test is the only way to know your MASH status. **Do any of the statements below sound like something you've experienced?**

Choose the statement that feels most familiar to your experience:

There isn't enough time for me to ask my specialist questions

It's important to voice your concerns—this is **your** time with your specialist.

PATIENT PERSPECTIVE

“Doctors' appointments happen so fast so you've got to speak up about testing early in the visit.”

PRACTICAL TIP

Proactively ask for a liver scarring test at the beginning of your appointment. And make sure you leave with a plan that you feel good about.

WHAT TO SAY

“I know we have limited time—can we talk about a test for liver scarring first and identify some next steps?”

My specialist is the expert, so I don't like to speak up

You know your body, and that is just as important as your doctor's expertise.

“My specialist doesn't know what I'm feeling unless I share and ask questions.”

Talk openly about your health, history, and habits—this information may motivate your liver specialist to test for liver scarring.

“I'm concerned that other aspects of my health might be impacting my liver. I want to test for scarring to make sure my liver isn't worse than we think.”

My worries aren't a good enough reason to speak up

You deserve clarity and reassurance.

“If it gives me peace of mind then it's worth it...I now know that the status of my liver should be monitored.”

Emphasize that you are really concerned about your liver scarring getting worse.

“It's scary to me that MASH is often symptomless. I want to get a test for liver scarring because it's stressful not knowing my liver status.”

My specialist isn't listening to me, so I don't bother trying

You should feel like your specialist has your back.

“Push to get your liver tested for scarring. I'm glad I did because now I have answers.”

Express that you want a test for liver scarring so you can know your liver status. If you feel like you aren't being heard, seek a second opinion.

“I know you want me to be as healthy as possible. I want to test for liver scarring so we both know my liver status.”

MASH=metabolic dysfunction-associated steatohepatitis. Formerly called NASH (nonalcoholic steatohepatitis).

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Don't take **“No”** for an answer. **1** Ask why they don't recommend a liver test **2** Have your testing request added to your medical record **3** Bring a friend or family member to support you **4** Request a second opinion

# Your guide to getting a test for liver scarring



Your fatty liver disease could actually be MASH. Left unchecked, MASH can lead to irreversible scarring. A test for liver scarring is the only way to know. **This Test Request Guide is a step-by-step guide to help you work with your specialist to put a liver testing plan into action.**

## 1 Ask for a test for liver scarring

When you ask, also let your specialist know if you have other health factors associated with liver disease, including type 2 diabetes, high blood pressure, high triglycerides, or abnormal cholesterol levels.

Notes:

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## 2 Ask your specialist which test is best for you

Tests for liver scarring may include imaging tests such as FibroScan®, blood-based tests such as FIB-4 or ELF, or a liver biopsy.

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## 3 Identify where your test will take place

Depending on the type of test your specialist recommends, you may be able to receive it at your specialist's office. However, some tests may require going to a lab, a hospital, or other type of facility.

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## 4 Schedule the test or get a referral

If the test will be conducted in the specialist's office, schedule it before you leave. If the test needs to be done in a different facility, such as a lab or hospital, make sure you know what steps need to be taken to make the appointment.

Notes:

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## 5 Clarify the steps after testing

Find out how you will receive your results and who will review them with you. If you are diagnosed with liver scarring, make sure you have a liver specialist who can help manage your condition.

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ELF=enhanced liver fibrosis; FIB-4=Fibrosis-4; MASH=metabolic dysfunction-associated steatohepatitis. Formerly called NASH (nonalcoholic steatohepatitis).

Take a screenshot or print this out and bring it to your next appointment.