Questions for a fatty liver visit

A printable prompt sheet for a conversation with a qualified clinician.

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General health information only. This guide does not diagnose a condition or replace an assessment by a qualified clinician.

Understanding the findings

- What do my liver blood tests or imaging show in plain language?
- Could more than one condition explain these findings?
- Would non-invasive fibrosis assessment or repeat testing be useful?
- What would make a hepatology or gastroenterology referral appropriate?

Health goals

- Which health goal should we prioritize first?
- What supports fit my culture, budget, mobility and access?
- How should we include sleep, mood, pain, food access or alcohol use?
- How will we know when to review the plan?

Safety and coverage

- Could any medicine, supplement or alcohol exposure be affecting my liver?
- Which symptoms should prompt the clinic, Health811 or 911?
- Which services are OHIP-insured, program-dependent or private?
- What should I confirm with a pharmacist about medication coverage?

Sources and limitations

Canadian sources are listed first. U.S., U.K., European and academic sources supplement them. Links were verified on 20 November 2026. Source content is copyrighted and is summarized in original wording.

CASL 2026 guidance: https://doi.org/10.3138/canlivj-2026-9-3-guidelines

Canadian Liver Foundation: https://liver.ca/fatty-liver-disease/

Diabetes Canada MASLD guideline: https://pubmed.ncbi.nlm.nih.gov/40783292/

Obesity Canada adult guideline: https://obesitycanada.ca/healthcare-professionals/adult-clinical-practice-guideline/

Ontario OHIP coverage: https://www.ontario.ca/page/what-ohip-covers

Ontario medication coverage: https://www.ontario.ca/page/medication-coverage-results

Health811 Ontario: https://www.ontario.ca/page/your-health

HealthLink BC fatty liver: https://www.healthlinkbc.ca/healthwise/non-alcoholic-fatty-liver-nafl

AASLD MASLD guidance: https://www.aasld.org/practice-guidelines/clinical-assessment-and-management-metabolic-dysfunction-associated-steatotic

NIDDK NAFLD/NASH: https://www.niddk.nih.gov/health-information/liver-disease/nafld-nash

AGA non-invasive biomarkers: https://gastro.org/clinical-guidance/role-of-noninvasive-biomarkers-in-nafld-masld/

EASL-EASD-EASO guideline: https://easlcampus.eu/sites/default/files/2024-08/EASL_CPGs_management_of_MASLD.pdf

NICE NG49: https://www.nice.org.uk/guidance/ng49/resources/nonalcoholic-fatty-liver-disease-nafldassessment-and-management-pdf-1837461227461

CADTH MASH health-systems report: https://www.ncbi.nlm.nih.gov/books/NBK623684/pdf/Bookshelf_NBK623684.pdf

American Family Physician 2026 review: https://pubmed.ncbi.nlm.nih.gov/42301877/