Fatty liver visit-preparation checklist

A paper checklist for symptoms, results, medicines and access needs. No PHI fields.

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

Before the visit

- I can describe when symptoms, blood-test changes or imaging findings began.
- I have listed prescriptions, supplements, alcohol or other substances I want to discuss.
- I have gathered relevant laboratory, ultrasound or specialist reports.
- I have noted sleep, mood, pain, food access, movement and cost concerns.
- I have written one or two goals for the appointment.
- I know which warning symptoms should prompt urgent help.

Notes for my visit

Use your own paper or private notes. Do not add personal health information to this website or send this PDF through an unapproved channel.

Follow-up prompts

- What is the next step in assessment?
- What can I do safely while waiting?
- When should we review results or referral status?
- Which coverage or referral details should I confirm?

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/