

Questions to ask your doctor or healthcare professional

MASLD

Whether you're going to your first GP appointment, seeing a hospital specialist, or meeting another healthcare professional, it can really help to prepare in advance. This can make your appointment feel less stressful and help you get the most out of your time.

Asking questions is an important part of your care. It can help you understand your health, feel more confident about your choices, and make sure you're getting the care and support that's right for you.

Below are some simple tips and example questions you may find helpful.

Top tips for medical appointments

- If you have several things you would like to discuss, ask for a longer (double) GP appointment.
- Ask for an interpreter or communication support if you need it.
- Bring a friend or family member for support.
- Bring a list of all your medicines, vitamins, and supplements.
- Write down important points from your medical history, such as long-term health conditions.
- Keep a diary of your symptoms. Note when they started, how long they last, and what makes them better or worse.
- Ask questions if you do not understand something. For example: "Can you explain that again?" If you don't understand any words, ask for them to be written down and explained.
- Take notes during the appointment or ask someone with you to do this. You can also ask if you can record the conversation on your phone.

Remember: You don't have to ask all your questions in one appointment. You can book another appointment or contact your healthcare team later by phone or email.



Liver UK is the new name
for the British Liver Trust
and Children's Liver
Disease Foundation

www.liveruk.org
[email: info@liveruk.org](mailto:info@liveruk.org)
Registered Charity England and
Wales 298858, Scotland SC042140

General questions

- What is MASLD and why have I got it?
- How advanced is it? Does my liver have any scarring (fibrosis)?
- What tests will be done and why?
- Who will be in charge of my care and how often will I have an appointment?
- What treatments are available?
- What are the complications associated with MASLD?
- What can I do to help myself? What changes do I need to make to my daily life?
- Are there any local services that could help me with these changes?
- Are there any symptoms I should look out for? What should I do if I get them?
- How will MASLD affect my ability to do the things that are important to me (such as family life, work, hobbies?)
- How do I know if my MASLD is getting better/worse? Is there anything I can monitor at home?
- What will happen if I do nothing?
- Are there any future treatments that I need to know about?
- Will I be referred to a liver specialist and if so, how does that process work?

Diet questions

- What are the best things for me to eat and drink? What should I cut down on?
- Is there a special diet that I need to follow?
- Are there any local services that could help me change my diet?

Physical activity questions

- What is the best type of physical activity for me to try? How much should I do?
- What if I find it hard to exercise?
- Can you recommend any local exercise groups or programmes?

Weight loss questions

- Do I need to lose weight? If so, how much should I lose in total? And what is a good weekly goal?
- What can I do if I cannot lose weight?
- Can you refer me to any local weight loss services?

Other questions

- Is it safe for me to drink alcohol if I want to?
- Is it safe for me to take supplements if I want to?
- Does smoking affect MASLD? Are there any local services that could help me quit smoking?
- What improvements should I see if I maintain changes to my everyday life?
- Who can I contact if I have any problems or questions?
- Can I have copies of my test results?

Notes

Use this space to write down your own questions and any symptoms you're concerned about.

Your questions

Your symptoms

Other notes (e.g. medication or health conditions you would like to mention)

How we can help: Find out more about the support we offer at liveruk.org/support or call our nurse-led helpline: **0800 652 7330**



Find out more, including where to get support at: liveruk.org/masld or scan the QR code.

