

# Information to keep your liver healthy

## Hepatology

Information for Patients

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## Introduction

This leaflet will direct you to websites to support your liver to work better. It is important to support your liver to be healthy. This is even more important if you are at risk of permanent liver scarring.

## What is liver scarring?

Liver scarring is also known as liver fibrosis. It is the result of long term, continuous damage to the liver. The liver tissue becomes harder and dies as scar tissue develops over time. As this happens, the liver struggles to work well. By stopping what's causing the scarring, the liver will start to work better. In many cases, it can reverse some of the damage done to the liver.

## Key message

It is important that you completely stop what's causing the liver scarring. This is important to give your liver a chance to get better. The following 5 changes can stop your liver disease from getting worse.

Keep a  
healthy  
weight

Eat fruits  
and leafy  
greens



Be more  
physically  
active

Drink  
plenty of  
water

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.leicestershospitals.nhs.uk](http://www.leicestershospitals.nhs.uk) for maps and information about visiting Leicester's Hospitals  
To give feedback about this information sheet, contact [InformationForPatients@uhl-tr.nhs.uk](mailto:InformationForPatients@uhl-tr.nhs.uk)

## Information quick links

More information on having a healthy lifestyle is available from the following links. Use your phone camera to scan the QR code or type in the web page to find out more.

### Maintaining a healthy weight

**Keeping a healthy weight**

[britishlivertrust.org.uk/](https://britishlivertrust.org.uk/)



**Exercise**

[nhs.uk/live-well/exercise](https://nhs.uk/live-well/exercise)

**Physical activity and exercise**

[britishlivertrust.org.uk/exercise](https://britishlivertrust.org.uk/exercise)



**NHS Better Health**

[nhs.uk/better-health](https://nhs.uk/better-health)

### Balanced diet

**A well balanced diet**

[britishlivertrust.org.uk/balanced-diet](https://britishlivertrust.org.uk/balanced-diet)



**The Eat Well guide**

[nhs.uk/live-well/eat-well](https://nhs.uk/live-well/eat-well)

### Nutritional support for liver disease

Leaflet 1445 available from Leicester's Hospitals

[yourhealth.leicestershospitals.nhs.uk/nutritional-support-for-liver-disease](https://yourhealth.leicestershospitals.nhs.uk/nutritional-support-for-liver-disease)



## Alcohol advice



**NHS Alcohol advice**

[nhs.uk/live-well/alcohol-advice](https://nhs.uk/live-well/alcohol-advice)

## Alcohol and liver disease

[britishlivertrust.org.uk/ARLD](https://britishlivertrust.org.uk/ARLD)



**Turning Point - Leicester**

Phone: 0300 123 1912

[www.turning-point.co.uk/services/leicester](https://www.turning-point.co.uk/services/leicester)

## Dear Albert - Leicester

Phone: 0800 830 3646

[dearalbert.co.uk](https://dearalbert.co.uk)



## General information

The links below have more general information about liver condition. Scan the QR code or search the website.

### British Liver Trust

The UK's leading liver health charity working to improve liver health.  
Find out more from this link.

[britishlivertrust.org.uk/](https://britishlivertrust.org.uk/)



### Cirrhosis of the liver

Many liver conditions can cause permanent liver scarring called cirrhosis. Find out more from this link.

[britishlivertrust.org.uk/cirrhosis](https://britishlivertrust.org.uk/cirrhosis)



## Early signs that your liver is not working well

The following symptoms can be early signs that your liver is starting to struggle. Get medical advice from your GP when you start to notice any of these symptoms.

- feeling tired a lot
- not wanting to eat as much (loss of appetite)
- muscles getting smaller (muscle wasting) and losing weight
- feeling sick (nausea) and being sick (vomiting)
- vomiting blood
- seeing tiny blood vessels (spider-like) on your skin above your waist (spider angioma)
- having red spots on your palms
- having trouble sleeping at night
- periods of confusion
- dark/black tarry poo (stools)
- yellow skin and yellow eyes
- swelling of your tummy (ascites)

## Contact details

Contact your GP, or if not available call the NHS helpline on 111, or Ward 43 at the Leicester Royal Infirmary on 0116 258 6239

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل  
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

જો તમને આ માહિતી કોઈ અન્ય ભાષામાં જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો.  
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

Previous reference:

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email [equality@uhl-tr.nhs.uk](mailto:equality@uhl-tr.nhs.uk)