FIB-4 Index Worksheet

Patient's name: _____ **Date:** _____ mm / dd / yyyy

Age: _____ **Medical record no.:** _____

Indication: _____ **Completed by:** _____

WHAT FIB-4 DOES

FIB-4 is a non-invasive estimate of liver fibrosis built from four values you already have: age, AST, ALT and platelet count. It is used as a first-line triage step in metabolic dysfunction-associated steatotic liver disease and in chronic viral hepatitis.

> **It rules out more reliably than it rules in**
> FIB-4 has a high negative predictive value for advanced fibrosis. A low score is reassuring; a raised score is a prompt for further testing, not a diagnosis.

CALCULATE

FIB-4 = (age in years x AST) divided by (platelet count x the square root of ALT)

Input	Units	Value
Age	years	
AST	IU/L	
ALT	IU/L	
Platelet count	x10^9/L	
Square root of ALT	-	
FIB-4 result	-	

> **Platelet units matter**
> Use the platelet count in x10^9/L, which is the same number as x10^3/uL. Entering the raw per-microlitre count gives a result a thousand times too small.

INTERPRETATION

FIB-4	Risk of advanced fibrosis	Suggested next step
Under 1.30	Low	No further fibrosis testing now; repeat in 1 to 3 years if risk factors persist
1.30 to 2.67	Indeterminate	Second-line test, such as transient elastography or an ELF blood test
Over 2.67	High	Refer to hepatology

> **Raise the lower cut-off over 65**
> FIB-4 rises with age independently of fibrosis. In patients aged 65 and over, use a lower cut-off of 2.0 rather than 1.30 to avoid over-referral.

Result band: _____ **Next test ordered:** _____

Date ordered: _____ mm / dd / yyyy **Review date:** _____ mm / dd / yyyy

Risk factors present (type 2 diabetes, obesity, alcohol, viral hepatitis) and plan

Sources: Sterling RK, Lissen E, Clumeck N, et al. Development of a simple noninvasive index to predict significant fibrosis in patients with HIV/HCV coinfection. Hepatology. 2006;43(6):1317-1325. · McPherson S, Hardy T, Dufour JF, et al. Age as a confounding factor for the accurate non-invasive diagnosis of advanced NAFLD fibrosis. Am J Gastroenterol. 2017;112(5):740-751.