



Congratulations! You have completed your treatment for hepatitis C.

You are probably wondering what will happen now.

Today you will have a Liver Clinic appointment, a Fibroscan, and blood work, including a test that will look for hepatitis C virus in the blood. This is called an HCV RNA level.

If there is no hepatitis C virus detected in your blood the HCV RNA test will be negative. A negative test 12 weeks after you finish treatment is called a “sustained virologic response” and means you no longer have hepatitis C.

In 3 months you will need a repeat HCV RNA blood draw (24 weeks after end of treatment) to verify you are cured of hepatitis C. Liver Clinic staff will contact you to schedule this blood draw.

If you have more advanced scarring of the liver you will also need

- An ultrasound of your liver every 6 months to check for liver cancer.
Your next ultrasound is due _____.
- An appointment in liver clinic 6 months after the end of treatment.
Your next appointment is due _____.

1 year after treatment completion you will need a follow up appointment in Liver Clinic and a Fibroscan done yearly for the next 5 years to see if you have improvement in liver scarring over time. Liver Clinic staff will contact you to schedule these appointments.

You are not immune to hepatitis C.

It is possible to become re-infected with the virus. To prevent you from being re-infected, avoid all blood – this includes not sharing needles, razors, toothbrushes, or nail clippers. Remember to practice safe sex.

Please note: The hepatitis C antibody test will remain positive after you are cured of hepatitis C. This is your immune system remembering that you had the virus. The proper test to see if you have hepatitis C after treatment is the **HCV RNA** test which will look for virus in your blood.

Here are some things you can do to take good care of your liver and keep it healthy:

Eat a balanced, healthy diet that includes lots of vegetables, fruit, fish, whole grains, and low fat foods. Drink plenty of water & avoid soda.

Do not drink alcohol or use drugs because this hurts the liver.

Exercise daily. Aim for 30-60 minutes a day. **Contact the Wellness Center to get started in an exercise program: 729-2689*

Decrease stress in your life. Talk to people who are supportive. **Contact Behavioral Health for additional support or counseling: 729-2500.*

Stop smoking. Ask for help if you need it. **Contact the smoking cessation program: 729-4343.*

If you have questions or concerns or would like to schedule an appointment in Liver Clinic, call us at: 907-729-1560 or 1-800-655-4837. **THANK YOU FOR COMING TO SEE US TODAY!**