

Isolated Rise in GGT in Asymptomatic Adults

GGT is a sensitive marker of liver disease but it is not specific. It is mainly of use for establishing the likely origin of an elevated ALP.

- When raised in isolation it can be suggestive of alcohol excess (especially if raised MCV) or NAFLD.
- Please note that there is no current evidence base with which to guide the investigation and management of an isolated raised GGT. This guideline has therefore been produced by local experts purely to offer guidance to local GPs.

GGT & Alcohol

- GGT is neither a sensitive nor a specific marker of alcohol misuse, although changes in GGT associated with a clear history of alcohol misuse can be used to monitor abstinence, assuming that no liver disease is present.
- If alcohol is suspected to be the reason for an elevated GGT then patients should be asked to abstain from alcohol for at least 4 weeks before a repeat GGT is measured. Please note that in those with hepatic damage (particularly cirrhosis) their GGT may take longer to fall after abstinence or may never return to normal.