*Talk to your provider about how to protect your liver and your overall health*

**Cirrhosis**

**Detect complications early**

* You will need an ultrasound exam of your liver every six months to look for liver cancer
* You will need an endoscopy exam of your esophagus and stomach to look for enlarged veins (varices). Depending on what is seen, you will need follow up exams every one to three years

**Avoid infections**

* Check to see if you have had hepatitis A or B. If not, get vaccinated
* Get the pneumococcus vaccine every five years
* Make sure you have an influenza vaccination every year
* Avoid raw seafood, and especially raw oysters, since they can contain bacteria that can make you very ill
* Avoid all unpasteurized milk products because of possible bacterial contamination
* Avoid lower-heat burned marijuana (like joints) due to mold spores (consumed or vaporized marijuana not as risky)
* Animal bites can lead to serious infections so seek medical attention for any bites
* Do not wade in brackish water
* Use insect protection during mosquito season

**Avoid toxins**

* Avoid all alcohol consumption. There is no known safe amount of alcohol for people with cirrhosis
* Do not take more than 2,000 mg of acetaminophen (Tylenol®) each day. Be sure to look at all pain relievers, allergy or cold medications, sleep aids and other products since acetaminophen is a common addition to many products
* Avoid nonsteroidal anti-inflammatory medications ( like ibuprofen, Naprosyn, aspirin)
* Check with your health provider before taking any new medications, including over-the-counter and herbal products to make sure they are safe

**Look for liver complications**

* Ask if you should be following a low salt diet
* Let your health provider know if you start to feel confused or have a change in your sleep pattern (more sleepy during the day or insomnia)
* Let your health provider know if your legs swell or your abdomen gets bigger
* Call immediately for black or red vomit, or black or red stools since these can indicate bleeding
* Ask about what amount of exercise is ok. If you have varies, or low platelets, you may need to limit certain activities