

It is possible to contract Hepatitis E virus in Switzerland, which could worsen your liver disease. Since the Hepatitis E virus is mostly transmitted through meat (liver) of pigs and wild animals, and is carried through sausages and other types of undercooked charcuterie, please avoid this kind of food.

Drink Coffee

Drinking coffee has been linked to a lower risk of developing liver cancer. Standard tea is not prohibited in liver patients.

Do some physical activity

Exercise improves your health in general, and helps your muscle mass to develop and remain well-functioning. Generally, a minimum of two and half hours of moderate exercise per week is recommended. If you exercise, you might need extra calories, so discuss this with your family doctor.

If you cannot exercise, at least walk, do some small simple repeated movements with your arms/legs several time per day, and keep as active as possible, limiting the hours sitting or rest.

Keep a good dental health

A good dental hygiene and health is important, since otherwise it could lead to the spread of bacteria from the mouth to the blood, causing an infection in patients with cirrhosis.

You should be evaluated by a dentist every 6 months. Please inform your dentist that you have cirrhosis. In case of extractions or operations a short antibiotic prophylaxis can be indicated. Please contact us in this case.

Stop smoking and avoid illegal substances

Smoking increases your risk of developing various types of cancer, including liver cancer. We recommend complete cessation.

All types of illegal substances are strictly prohibited in cirrhosis (marijuana, cocaine, heroin etc.)

Remember to get vaccinated against influenza

In your condition, influenza vaccination is indicated every year (beginning of October). Other vaccinations that you might require are listed below, and can be discussed with your family doctor or your hepatologist.

Hepatitis A and B vaccines	When not immune (protected)
Anti-pneumococcal vaccine	Once
Tetanus vaccine	Every 10 years

After reading, please feel free to clarify these points at your next visit with your hepatologist.



Important information for patients with liver cirrhosis

**We recommend that you and
your family/caretakers
read the following
recommendations**



What should I never forget?

- Update your list of medications, and always have a copy with you
- Keep track of any hospital stays you have. Please contact us, if you are admitted to another hospital, and call again after discharge.
- An ultrasound of the liver is required every 6 months. If you do not receive an appointment, please talk about it with your family doctor.



What should I do if I develop new symptoms?

If you have **any of the following symptoms**, please go to the **urgency department of the Inselspital or to your nearest hospital:**



- **Strong abdominal pain**
- **Dark tarry or bright red blood in stools, or vomit with blood**
- **Not acting like yourself, confusion, or increased sleepiness**
- **Fever**, in particular with **shivering**
- **Yellowish discoloration** of the skin or eyes

On the other hand, please take an appointment with your family doctor or with us if the following symptoms not accompanied by any other problem appear:

- Quick increase in body weight or in waist circumference
- Quick decrease in body weight
- Leg swelling



Since liver cirrhosis can significantly reduce your sense of well-being, if you are experiencing changes in sleep, appetite, energy level, concentration, daily behavior or self-esteem, irritability, pessimism and hopelessness, please let your family doctor and hepatologist know.

Which medication is dangerous in my condition?

Certain drugs can be very harmful to patients with liver disease and should be avoided or taken in reduced doses. In particular, remember that:

- **Non-steroidal anti-inflammatory drugs** like Ibuprofen, Diclofenac, Naproxen and Aspirin (at doses higher than 100 mg) have to be avoided
- **Paracetamol** (Ben-U-Ron®, Dafalgan®) can be taken, but not more than 2 grams per day
- **Avoid herbal remedies:** ask your family doctor first

Please inform any doctor treating you that you have liver cirrhosis, and ask to your family doctor or call us in case of doubts before taking new medications. We recommend bringing your medication list with you to every clinic visit.

What should I do if I need surgery?

In general, liver cirrhosis implies a higher risk of infections and complications after surgery. If you are considered for surgery of any type, please be sure to inform us in advance and have a consultation before surgery, so that we can optimize your treatment. Ask your surgeon to talk to your hepatologist.

Can I travel?

Travelling is not prohibited if you are in a stable situation. Nevertheless, since cirrhosis can develop unexpected complications, you should avoid travelling to remote locations and make sure that medical care is available. In addition, there is an increased risk of infections for some destinations, which might require specific vaccinations and a consultation with Tropical Medicine Specialist. Please discuss your travel plan with your family doctor or contact us in case of doubts.

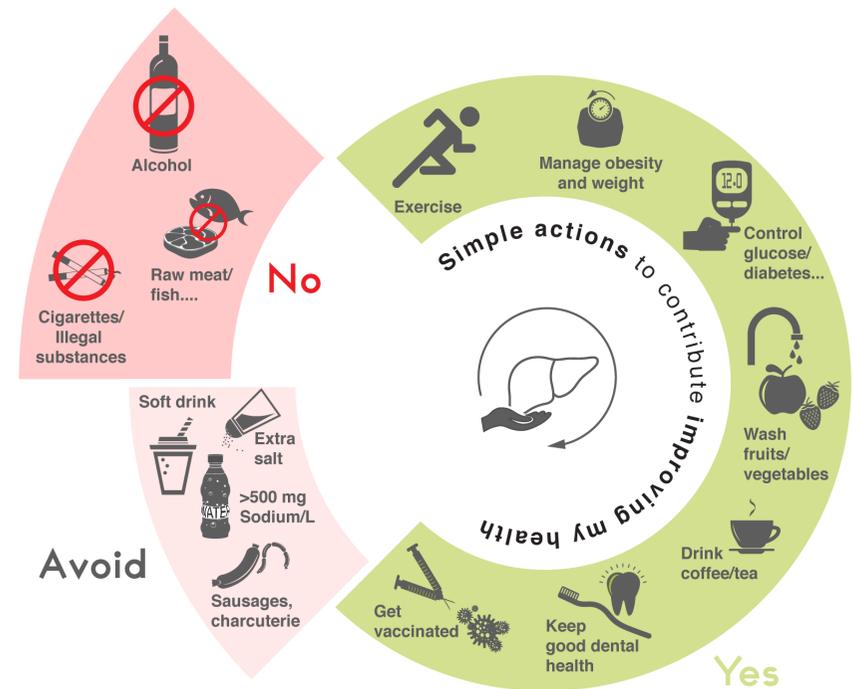
What food or drink should I avoid?

Alcohol must be avoided completely in your disease, and drinking alcohol can lead to worsening of your health. Non-alcoholic beer also has a very small degree of alcohol and should be avoided as well.

Drinks containing sugar (energy drinks; soft drinks) should also be limited or avoided. Avoid drinking mineral water with more than 500 mg of sodium per liter (please check the sodium content on the label).

Salt: avoid added salt and reduce consumption of food with salt. Read the label on all your foods, and try to eat less than 2 g of sodium per day. High salt foods include: all foods in restaurants or fast food places, most canned food, bouillons, pickled vegetables, tomato juice, ready-made sauces, chips and crackers. We recommend using natural herbs and spices (thyme, oregano, rosemary, pepper, etc.) to season your food.

Which simple actions can I do to contribute improving my health?



Keep your body weight in the healthy range

In general, obesity (too high body weight), malnutrition, and loss of muscle mass (too low body weight) can worsen the course of your liver disease.

Your family doctor and your hepatologists can help you in managing your obesity or malnutrition with the help of nutrition specialists. Please follow the recommendations they gave you. In any case, you need to eat a sufficient amount of proteins, and if you have to follow a diet to lose weight this point should be discussed in detail.

If your liver disease is in a late stage, you will need to eat often (avoiding long periods of fasting), and to have a small protein snack (like a yoghurt) about 1 hour before sleeping.

If you have diabetes, hypertension, obesity, heart disease, or high cholesterol, there are some limitations to the type of food you can eat. Please discuss this point with your family doctor as well as with your hepatologist.

Eating tips

Wash well fruits and vegetable. Avoid uncooked/undercooked meat/fish/seafood.

Given the risk of particular parasitic infections (Echinococcosis) you should avoid eating picked wild fruit (berries).