

# My Passport



*Name:*

*Date of birth:*

*This passport has been developed to help you keep track of important information related to your liver condition. You can use this passport to record important details such as the medications you are taking and instructions you have been given from your healthcare team.*

Having this information to hand will help your healthcare team to understand what you are going through. It is recommended that you take this passport to all of your appointments.

Please note this booklet should not replace the conversations you may have with your doctor or healthcare team. To view the Passport online or to download a copy go to [www.liverpatientpassport.com](http://www.liverpatientpassport.com)

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# Lifestyle recommendations

*One of the best ways to take control of your condition is for you to play an active role in managing it by working with your healthcare team. Following the below lifestyle recommendations will help you to do this.*

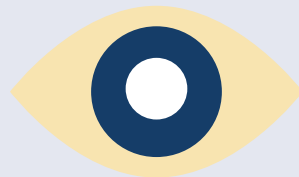
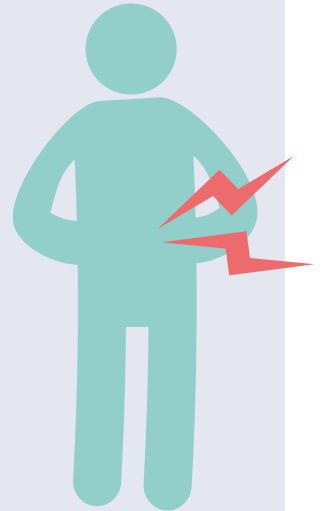
- Try to keep yourself physically active if you can
- Eat healthily and at regular time points
- Please make sure that you follow your dietitian's nutritional advice on recommended salt and protein intake and how to maintain bone health such as taking vitamin D
- Discuss with your doctor if you have any problems doing your job or carrying out usual activities
- If you have been instructed by your doctor to take lactulose, ensure that you take enough for 2–3 soft bowel movements a day
- Avoid all alcohol if you have been advised not to drink (very important). Even small amounts of alcohol can cause problems when your liver is cirrhotic
- Avoid smoking (very important)
- Avoid sleeping tablets or tranquilisers
- Discuss with your doctor if at any point you change any of your medicines, including herbal remedies
- Tell a member of your healthcare team if you get constipated
- Mention to your doctor if your abdominal area seems bigger than usual or swollen
- Seek help if you have a fever, chills or if your legs become swollen



# Red flags

*It is very important that you seek urgent medical help if you experience any of the following symptoms:*

- Severe abdominal pain, with or without diarrhoea
- Fevers or chills so severe you cannot stop shaking
- Vomiting blood or passing red, black or tarry stools
- Confusion (seek appropriate advice before driving)
- New onset of jaundice (a condition in which your skin and the whites of your eyes becomes yellow)



# Healthcare team



*Use this page to list all relevant information related to members of your healthcare team.*

Complete the details below to ensure that your passport is returned to you in the event that you lose it. It will also help healthcare team members to understand the type of management that you are receiving for your condition.

<i>Hospital name and contact details</i>				
<i>Consultant name and contact details</i>				
<i>I am on a transplant waiting list</i>	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
<i>Transplant Centre name and contact details</i>				
<i>Transplant Coordinator contact details</i>				

<b>Team member</b>	<b>Name and contact number</b>
<i>GP</i>	
<i>Carer/Next of kin</i>	
<i>Specialist nurse</i>	
<i>Community nurse</i>	
<i>Dietitian</i>	
<i>Social worker</i>	







# Information

*Work with your healthcare team to complete the information below.*

Having this information to hand when attending all your appointments will help your team to understand your management objectives and work together to achieve them.

<i>My last creatinine level was:</i>	<i>dd/mm/yyyy</i>			
<i>My varices grade is:</i>	<i>dd/mm/yyyy</i>			
<i>My dietary objectives are:</i>				
<i>My last ascitic drain was on:</i>	<i>dd/mm/yyyy</i>			
<i>My last ultrasound was on:</i>	<i>dd/mm/yyyy</i>			
<i>Other key measures:</i>				
<i>I have a diagnosis of encephalopathy</i>	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>

*Information presented within this passport does not substitute the advice of a healthcare professional.*