



GASTROENTEROLOGY
DEPARTMENT OF THE
CIUSSS de l'Estrie – CHUS

CIRRHOSIS

Symptoms to monitor

If you have the following symptoms, immediately go the nearest emergency department:

- Fever of 38°C or above
- Temperature between 37.5°C and 37.9°C with a deterioration of your condition or discomfort
- Confusion or drowsiness
- Vomiting blood or material resembling black coffee grains
- Black, tar-like diarrhea or bloody diarrhea
- New and significant difficulty breathing
- New and significant abdominal pain

If you are taking medication to manage fluid build-up in your stomach (ascites), lungs (pleural effusion) or swelling in your legs (edema):

- Follow the recommendations to reduce your salt intake.
- Weigh yourself daily before breakfast and after urinating.

Notify your gastroenterologist if you:

- gain or lose 2 or more pounds in a single day;
- gain or lose 7 or more pounds in a week;
- are increasingly short of breath at rest or with exertion;
- have abdominal bloating that interferes with eating or moving.

If you are taking medication to reduce the risk of bleeding from engorged veins in the esophagus (varices) :

- Take your blood pressure 2 or 3 times a week.

Notify your gastroenterologist or pharmacist if:

- Your pulse (heart rate) is below 50 beats per minute;
- Your systolic blood pressure (the first or top number) is below 90mmHg;
- You experience dizziness when changing positions or have fallen.

If you are taking medication to treat confusion (hepatic encephalopathy):

- Record your number of daily bowel movements.
- Adjust the dose of lactulose or other laxative to achieve 2 or 3 soft stools daily.

Notify your gastroenterologist or pharmacist if:

- You have difficulty identifying the correct dose of lactulose.
- You have difficulty concentrating, or finding your words, or your loved ones notice a change in your behaviour.

Remember that **driving is unsafe** if you were diagnosed with hepatic encephalopathy. Do not hesitate to speak to your physician.

To learn more about your condition,
visit the following websites:
cirrhosiscare.ca | liver.ca

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