



HE Treatment Plan Checklist

If you or your loved one has been diagnosed with Hepatic Encephalopathy (HE) – now what? The below checklist provides suggested first steps after a HE diagnosis – before leaving the hospital, and once you leave the hospital.

BEFORE LEAVING THE HOSPITAL, TRY TO GET AN UNDERSTANDING OF HE AND YOUR OR YOUR LOVED ONE'S CARE PLAN.

 **HE is a complex disease. It is a complication of liver disease, due to decreased liver function. Here are a few questions to ask your doctor and write down to help make sure you understand what HE is before leaving the hospital:**

- What is HE? Why do I/does my loved one have HE?
- What is the difference between covert and overt HE?
- How will I know if I or my loved one is having an episode? What does an episode look like?
- What more can we do to manage HE?
- What is your recommended course of treatment?
- What do I need to know about taking the medicine?
- Should I or my loved one anticipate making any lifestyle changes? If so, what are they?

AFTER LEAVING THE HOSPITAL, HERE IS A CHECKLIST:

 **Fill prescriptions and take HE medication, as directed by a doctor**

Ask the pharmacist to help you understand when and how to take the medicine – questions to ask include:

- Is there a time of day the medicine should be taken?
- Should it be taken after eating or before I eat (on an empty stomach)?
- What should I do if I miss a dose? What if I accidentally take too much?
- Are there any side effects to watch out for? What should I do if I start to notice them?
- Is there a certain way I should store my medicine?
- Are there any other medicines or food I should avoid?
- When will I need to call for a refill?

 **Schedule follow-up appointments**

A doctor can help manage HE. Follow-up with your doctor 1-2 weeks after a hospital discharge to discuss next steps and to give them updates on how your management is going at home.

 **Track HE symptoms over time**

- Carefully tracking symptoms over time can help you recognize if symptoms are getting worse, and know when it's time to visit a doctor.
- Complete the tracker on [UnderstandingHE.com](https://www.understandinghe.com) to evaluate your or your loved one's HE symptoms, and share with your doctor.
- These symptoms can have a big impact on daily life, such as not being able to drive a car, not being able to work, and not being able to care for oneself.
- HE can be a long lasting, chronic condition. To help lower the chance of HE getting worse, you should take your medicine as prescribed by your doctor.

VISIT [UNDERSTANDINGHE.COM](https://www.understandinghe.com) FOR MORE INFORMATION.