

Cirrhosis Guidelines

Guidelines to Follow

1. Diet is an important part of your management
2. Stop taking any outside, readymade, packed products
3. Never ever try any street food or unhygienic food. Any infection in your disease and you can end up in ICU
4. Do not take any bread, pickle, papad.
5. Prepare your food without salt and then add 2 gram salt into it per day maximum – no more salt. The more salt you take, more would be the fluid accumulating in your body
6. Do not take any pain killers – combiflam, diclofenac and such products are dangerous for you. Do not self medicate.
7. If you have fever or pain take paracetamol/crocic/metacin/dolo for maximum of three tablets in a day
8. Never ever take any antibiotics without consulting us. Inform any doctor examining you about the disease so that he can take a decision.
9. Regular walking is must. Make sure you walk atleast 8000-10,000 steps daily. The muscles mass is going to prevent all complications
10. Please take protein powder daily to maintain muscle mass. Please ask for the brand to suit other diseases.
11. Buy a weighing scale and please measure weight daily in the morning before breakfast
12. Keep a tab on your urine output. Kindly contact us urgently if you feel you are not passing enough urine
13. You should pass two times stool daily. If you have less than that stool frequency, ask us to modify the dosage of our medicines.
14. As a part of liver disease you get deficient in many nutrients and so it is advisable to be regular in taking all those supplements