

# HEALTHY LIVING CHECKLIST



- I am not drinking or using drugs
- I always take the medications that my provider has ordered for me. I know their names and purpose.
- I tell my provider if I am taking over-the-counter or herbal medications.
- I don't take pain pills like ibuprofen (Motrin®, Advil®) or Naprosyn (Aleve®), especially if I have ascites.
- I don't take too many Tylenol® (acetaminophen) pills, and I never take Tylenol with alcohol.
- I avoid sleeping pills or tranquilizers.
- If my provider tells me to take lactulose, I take enough to move my bowels two or three times a day.
- I keep all my medical appointments or call if I need to reschedule.
- I have been tested to see whether I need to get the hepatitis A and B vaccines (hepatitis A and B are viruses that attack the liver).
- I have received the pneumonia vaccine and I get my annual flu shot (people with cirrhosis are more likely to get infections).
- I eat a well-balanced diet that is low in fat and includes enough protein. I cut down on salt (sodium), read food labels, and avoid canned or prepared foods, especially if I have ascites.
- I never let myself get constipated. If it happens, I tell my health care provider.
- I keep a healthy weight and weigh myself regularly if my provider recommends it.
- I make sure to have a balance of work, rest, and exercise in my life.
- I cope well with stress (or I ask for guidance when I can't cope).
- I tell my health care provider if I am depressed.
- I have never smoked cigarettes, I have quit smoking, or I have discussed quitting with my health care provider.
- I have asked my health care provider whether I need a liver transplant.