

LIVER HEALTH CHECKLIST

Check off each step, print it, and bring it to your next visit

Use this checklist to stay on top of your liver health. Check what you have done, and circle what you will work on next. **Early liver disease often has no symptoms**, so tests and habits matter most. Your own liver team's advice comes first.

1 Know my numbers and my risk

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| ☐ I know my liver tests (ALT, AST, ALP, bilirubin, albumin, platelets). | ☐ I know my blood sugar (A1c) and cholesterol. |
| ☐ I know if I have fatty liver, hepatitis, or scarring (fibrosis). | ☐ I have asked my doctor about a fibrosis check (FIB-4 or FibroScan). |
| ☐ I know my weight, waist size, and blood pressure. | ☐ I know my family history of liver disease. |

2 Vaccines and infection tests

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| ☐ I have had a hepatitis C test (once for every adult). | ☐ I have had the hepatitis A vaccine, or I am immune. |
| ☐ I have had a hepatitis B test (at least once). | ☐ I also keep up with flu, COVID-19, and pneumonia vaccines. |
| ☐ I have had the hepatitis B vaccine series, or I am immune. | ☐ I do not share needles, razors, or toothbrushes. |

3 Alcohol, medicines, and supplements

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| ☐ I limit alcohol, or I avoid it if I have liver disease. | ☐ I do not take herbal or "detox" products without asking. |
| ☐ I check labels for acetaminophen and stay within my limit. | ☐ I never mix alcohol with acetaminophen. |
| ☐ I have listed all medicines and supplements for my doctor. | ☐ I tell every doctor and pharmacist that I have liver concerns. |

4 Food, movement, and weight

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| ☐ I eat mostly vegetables, fruit, whole grains, beans, fish, and olive oil. | ☐ I do strength exercises on 2 days a week. |
| ☐ I limit sugary drinks, fried food, and ultra-processed snacks. | ☐ I have a realistic weight goal with my team. |
| ☐ I move for about 150 minutes a week. | ☐ I cook shellfish well and avoid raw shellfish if I have advanced liver disease. |

SYMPTOMS, VISITS, AND MY LOG

Stay alert, stay connected, and keep track

5 Symptoms I watch for

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| ☐ Yellow skin or eyes | ☐ Easy bruising or bleeding |
| ☐ Dark urine or pale stools | ☐ New confusion or unusual sleepiness |
| ☐ Itching that does not go away | ☐ Constant tiredness, nausea, or loss of appetite |
| ☐ Swelling in the belly or legs | ☐ Vomiting blood, or black, tarry stools (call 911) |

6 Visits and follow-up

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| ☐ I see my liver or primary care doctor on schedule. | ☐ I write down my questions before each appointment. |
| ☐ I get blood tests and imaging when they are due. | ☐ I know who to call, day or night. |
| ☐ I bring my medicine list to every visit. | ☐ I have a support person or group (ask TLHF). |

My liver log

Date	ALT	AST	Weight	Blood pressure	A1c	Notes

Get help right away (911 or the ER)

- Vomiting blood, black or bloody stools, new confusion, severe belly pain with fever or chills, yellow skin with fever, or fainting

My liver team

Liver doctor, phone	_____	Primary doctor	_____
Pharmacy, phone	_____	Next appointment	_____
Next tests due	_____	Emergency contact	_____