

Patient Education Cirrhosis

1. Avoid Alcohol!
2. Avoid excessive use of Acetaminophen i.e. Tylenol. Less than 4gm per day always follow package instructions and read the labels of other medications to make sure that they do not contain acetaminophen.
3. Avoid shellfish or coming into contact with salt water when skin abrasions are present.
 - a. *Vibrio vulnificus* infection can be very serious for patients with liver disease or those who are liver transplant recipients.
4. Avoid multivitamin supplements with iron (unless you are iron deficient). Vitamin A in the form of Beta Carotene is safe up to 5,000 units/day.
5. Obtain Immunizations for Hepatitis A & Hepatitis B.
6. Get regular dental check ups.

4790 Barkley Circle, Bldg. A • Fort Myers, FL 33907 • (239) 275-8882 • Fax (239) 275-1969
1303 SE 8th Terrace • Cape Coral, FL 33990 • (239) 458-0822

www.giaswfl.com

Gastroenterology Associates of S.W. Florida, PA complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.