

Have you or a loved one experienced any of these symptoms?

Use this checklist to record common symptoms of hepatic encephalopathy (HE)

It is important for you to identify signs of an episode of HE. By paying close attention to the mental and physical symptoms of HE, you can alert your doctor before things get worse.

Whether you are a patient or a caregiver, this easy-to-use checklist can help you identify the symptoms of HE. Check off symptoms below and fill in the date.

If you notice any of the symptoms below, call your doctor immediately. The next time you visit your doctor, bring this checklist to help guide your discussion.

Date ____ / ____ / ____

Mental

- Forgetfulness
- Confusion
- Poor judgment
- Extra nervousness or excitement
- Not knowing where you are or where you're going
- Inappropriate behavior
- Severe personality changes

Physical

- Change in sleep patterns
- Worsening of handwriting
- Loss of small hand movements
- Tremors or shaking of hands or arms
- Slurred speech
- Slowed or sluggish movement
- Breath with a musty or sweet odor
- Other _____