

Patient
information

Your liver – your life

TEST YOUR LIVER



**Includes a
Quick Liver
Check**

Discover ...

...liver tests you can take online

...a quick test about your symptoms



THERAPEUTICS



liverandbrain.com
A Merz service

Quick liver check

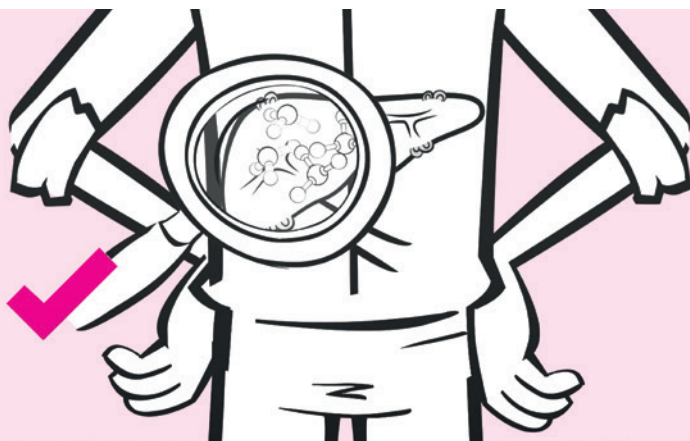
Dear patient,

You have received this booklet because your doctor has diagnosed you with a chronic liver disease.

You probably have many questions and want to learn more about the health of your liver and the symptoms you might be experiencing. This booklet is a good place to start: On the following pages, you can find an overview on the tests that give you an impression of the state of your liver.

The tests can be found online on www.liverandbrain.com. A Quick Liver Check is included directly in this booklet.

Good luck!





Use this Quick Liver Check to track your symptoms

The test on the right can help your doctor to know when your condition is improving. Simply tick the box that applies for each symptom that you have experienced.

Be sure to take your Quick Liver Check results to your doctor for the next appointment – especially if you have answered one or more questions with “yes”. Your feedback can be very helpful, as it indicates if your treatment and your progress are on track.

A graphic of a 'Quick Liver Check' form tilted at an angle. It has two columns: 'YES' on the left and 'NO' on the right. Each column has five checkboxes. In the 'YES' column, the second checkbox from the top is marked with a large black 'X'. In the 'NO' column, the first and fourth checkboxes from the top are marked with large black 'X's.

YES	NO
☐	☒
☒	☐
☐	☒
☐	☒
☐	☐

Quick liver check

	YES	NO
Did you experience recently a feeling of thinking slower than usual?	☐	☐
Did you become more forgetful recently or experience memory gaps?	☐	☐
Did you notice changes in speech e.g. incoherent, slurred or very slow speech?	☐	☐
Did you suffer from symptoms of confusion e.g. not knowing who people are or where they are?	☐	☐
Did you notice changes in sleeping patterns e.g. sleeping in day and not enough at night?	☐	☐
Did you experience changes in personality or moods e.g. more aggressive, emotional or impulsive?	☐	☐
Did you discover signs of delirium e.g. imagining things that aren't there?	☐	☐
Does the white part of your eye sometimes turn yellow?	☐	☐
Is your urine brownish?	☐	☐
Do you sometimes feel dizzy in the morning without any reason?	☐	☐
Do you sometimes feel suddenly a craving or a repulsion for food, especially for a certain type of food?	☐	☐
Do you have a propensity for heavy bleeding even in the case of slight injuries?	☐	☐
Do you feel pain when you press on the right between the belly button and the costal arch?	☐	☐
Do you habitually drink more than 2 glasses a day of wine/beer other alcoholic drinks?	☐	☐

Use this test to check your liver

if the majority of your answers are “Yes”, please consult your doctor.

Test yourself online

On the website **liverandbrain.com** you can find two interactive tests that help you find out more about the health of your liver.

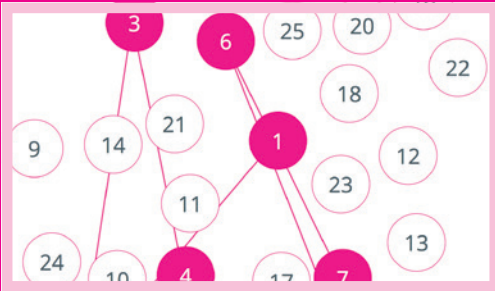
Liver test

This test was designed to give you a first impression about your liver: Simply answer some multiple-choice questions to assess your risk for liver disease.

[illegible]

Number connection test

The concentration test was developed to help detect hepatic encephalopathy. See if you can connect the numbers in the given time!



Our liver tests at a glance

On www.liverandbrain.com:

- _ Liver test with multiple choice questions
- _ Number Connection test

Included in this booklet:

- _ Quick Liver Check

Useful to know ...

For more information, advice and support,
please visit www.liverandbrain.com



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