



■■■ GO TO A&E IMMEDIATELY IF YOU HAVE:

- Confusion, drowsiness, or disorientation
- Vomiting blood or coffee-ground vomit
- Black, tarry stools (melena)
- Severe abdominal pain (especially right upper quadrant)
- Yellow eyes or skin (jaundice) - new or rapidly worsening
- Extreme fatigue (unable to get out of bed)
- Swollen abdomen with fluid buildup (ascites)
- Easy bruising or bleeding that won't stop
- Rapid heart rate with dizziness
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■■ CONTACT YOUR DOCTOR WITHIN 24-48 HOURS:

- Persistent fatigue lasting several weeks
- Mild yellowing of eyes
- Dark urine (tea-colored)
- Pale or clay-colored stools
- Persistent itchy skin
- Loss of appetite for more than a week
- Unexplained weight loss
- Mild to moderate abdominal discomfort

IMPORTANT:

When in doubt, seek medical attention. It's better to be cautious.

Keep this sheet accessible and share with family members.

If you have chronic liver disease, discuss your personal red flags with your doctor.