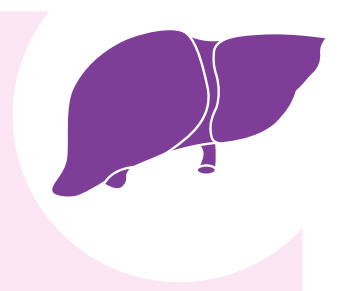


Hints and tips for

Autoimmune hepatitis



- 1. Take an active interest in your condition and its management.**
Keep track of blood test results, consultants letters etc. Find out if the hospital or GP (or both) will do blood tests, prescribe medication and so on. Systems vary across the country and it is worth understanding how it fits together in your area and who does what.
- 2. Be prepared for initial weight gain when medication is started.**
Have healthy snacks to hand and watch what you eat.
- 3. Call in favours to help you out as you recover your strength.**
You can always repay people in kind later.
- 4. Take your medication with food (unless instructed otherwise)**
This can reduce side effects.
- 5. Do not 'soldier on' with unbearable side effects from the medication.**
There are several choices of medication and it can take some time to find the right one(s) for you as an individual.
- 6. Always remember that most people with Autoimmune Hepatitis (AIH) live a normal life.**
- 7. Work at building a relationship with your consultant and his/her team.**
If they can see you are taking responsibility they will go the extra mile to help you.
- 8. Don't expect your GP to be an expert in AIH**
The vast majority will never have seen a case before. So remember they are learning about the condition as well and will often need to ask the consultant for specific advice.
- 9. Ask your consultant what you should do if you feel ill**
Or suspect your readings are increasing between consultations. Having a plan in place really helps if the situation arises.
- 10. AIH is rare and Gastroenterologists may not deal with many cases.**
Sometimes they will need to ask specialist hepatologists for advice themselves and sometimes you may feel you would get better care being seen by a team who look after a lot of patients with AIH.

Autoimmune hepatitis (AIH)

Continued...

11. Remember no medication is risk free.

The list of possible side effects of medication used in AIH is long and therefore a bit overwhelming. Remember most people have very few side effects or even none. Discuss the risks and benefits with your consultant. The more you have been involved in agreeing on the treatment protocol the easier it is to stick to the regime.

12. AIH, like many liver conditions, involves quite a few blood tests.

If you are someone who has difficulty when people take blood remember that a warm arm/hand and drinking plenty of water always helps the process.

13. Make sure you have an annual flu vaccination

14. Thinking about having a baby?

Please talk to your doctor prior to conception so that your treatment can be optimised (some drugs are safe in pregnancy but others may need to be changed)

This information has been sourced from the AIH Support Group. Hints and Tips: (<http://autoimmunehepatitis.org.uk/recently-diagnosed/hints-and-tips/>) October 2015

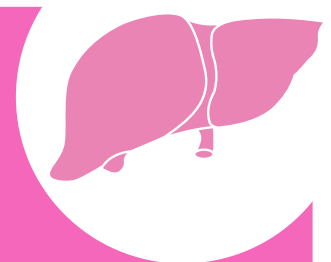
Get further support

Check out our website: www.liver4life.org.uk
Call our helpline: 0800 074 3494 (Mon to Fri, 10am to 3pm)
Email us: info@liver4life.org.uk

A little bit about us...

Liver4Life (L4L) is a charity dedicated to the prevention and early detection of liver conditions, liver disease and liver cancer. L4L offers education, information and support to any individual affected by a liver condition, at any stage of their disease, in the United Kingdom. Liver4Life also campaigns on behalf of all people with a liver condition to improve their care, their treatment and their support services.

To support Liver4Life, text 'LIVR49 £2' to 70070



These hints and tips for Autoimmune Hepatitis have been sourced from the AIH Support Group. This advice is not formulated by medical professionals so always consult your own medical professionals before making any changes to your healthcare.

Liver4Life