



1. Avoid alcohol – Alcohol, whether in the form of distilled spirits, wine, or beer accelerates liver damage from hepatitis B and C. No safe level is known. As a result, it is best avoided while awaiting treatment and during treatment
2. Avoid dehydration but do not overdo it. Most authorities now believe it is not necessary to have 8 glasses of water per day. In fact, over hydration can be a problem when liver injury is severe.
3. Maintain a nutritious, balanced diet, with an eye towards avoiding obesity. Avoid any food that causes nausea or abdominal discomfort.
4. Rest when tired - Schedule tasks when you feel rested and rest when you feel tired but try to avoid prolonged bed rest
5. Exercise – Regular physical activity should be encouraged
6. Avoid unnecessary over-the-counter medications – Most drugs must be processed through your liver. Use the lowest possible effective dose and discuss all drugs you are taking with your doctor..
7. Avoid herbal products – Herbal products are not subject to safety and efficacy studies and are not approved by the FDA. Some may contain toxic ingredients.
8. If you are taking a product, report that to your doctor.

*Seek information about new treatments from your doctor or other reputable sources. Beware of internet advertisements for treatments that are not FDA-approved.*

*For additional information, contact HFI at 1-800-891-0707*