

# LIVER

# GUIDE

*This document helps you keep track of your symptoms and clinic notes, and stay prepared with your Liver Snapshot, Symptom Tracker, and Visit Compass before and during visits.*

## Tool 1 - My Liver Snapshot

*This page helps me share my story clearly and quickly.*

1. Please select your diagnosis or diagnoses.

- Autoimmune Hepatitis (AIH)
- Primary Biliary Cholangitis (PBC)
- Primary Sclerosing Cholangitis (PSC)
- Overlap (please specify)

2. Year diagnosed:

3. Main doctor/center:

4. Medications:

5. Allergies:

6. Recent labs (ALP, AST/ALT, Bilirubin):

Labs	Value	Date
ALP		
Bilirubin		
AST/ALT		

7. Current symptoms:

8. What I want my doctor to know today:

9. Focus on my condition (examples):

- Track medication adherence
- Note signs of flare

- Monitor fatigue and lab changes

## Tool 2 - My Visit Compass

*This helps me stay focused during my visit.*

1. What has changed since my last visit?
2. My top 3 questions:
  - 1
  - 2
  - 3
3. Symptoms to discuss:
4. Medications:  Working well  Side effects:
5. Tests or decisions I don't understand:

## Tool 3 - My Symptom & Life Tracker

*This helps me and my doctor see patterns over time.*

### Tracker

Key Symptom	Fatigue	Itch	Pain	Sleep	Mood	Notes
Day						
Mon						
Tue						
Wed						
Thu						
Fri						
Sat						
Sun						

Your notes here help your care team better understand your experience and guide next steps together.

