When to come back: liver cirrhosis

Signs you should watch for



What helps you stay well

Keep to your plan

- Do not drink any alcohol.[1,2]
- Use herbs or spices instead of salt to add flavour.[2]
- Many people with cirrhosis feel well and live for many years.[1]
- Do not add salt to your food or your cooking.[2]
- Go to all your follow-up visits so your condition is checked.[2]

Warning signs

See a doctor within 24 hours

- Your belly, legs, ankles or feet are swollen.[1,2]
- Your skin or the whites of your eyes look yellow.[1]
- You feel confused or have trouble staying awake.[2]
- You have a fever, or a fever that does not go away.[2]
- You find it hard to breathe, or are more short of breath than usual.[1]

Emergency signs

Go to the emergency department now, or call 997

- You are vomiting blood.[1]
- You suddenly become confused or your speech is slurred.[1]
- Your stool is very dark or black, or has blood in it.[1,2]

My next appointment

SOURCES

1. NHS — Cirrhosis
2. MedlinePlus — Cirrhosis - discharge

REVIEWED AND APPROVED BY

Yazeed Alekrish
Doctor
Reviewed on: 2026-11-14 · Version 1

Scan for the latest version

This sheet is for education. It does not replace advice from your doctor.