3 THINGS TO DO BEFORE LEAVING THE HOSPITAL

1. **Understand what HE is**
   HE is a serious complication of cirrhosis. The symptoms of HE can be mental or physical, and can differ from one person to another.
   
   Ask a healthcare provider in the hospital to explain, or visit www.manageHE.com

2. **Understand the risks of HE**
   Once you have experienced an overt HE episode, you are at a high risk for:
   - Another HE episode
   - Another hospitalization
   
   Ask a healthcare provider in the hospital about the risks, or visit www.manageHE.com

3. **Make a plan for ongoing therapy**
   Ask your healthcare provider in the hospital about medications for ongoing management of overt HE, or visit www.manageHE.com
   
   HE experts recommend 2 prescription medications to help reduce the risk of another overt HE episode.
REduce the risk of another overt hepatic encephalopathy (HE) episode

3 things to do after leaving the hospital

1. Fill prescriptions and take your HE medications
   It's possible to reduce the risk of another overt HE episode—and another hospitalization—with ongoing therapy.

2. Schedule follow-up appointments
   A healthcare provider can help you manage overt HE. Follow up with your healthcare provider as soon as possible after your discharge from the hospital.

3. Enroll in the HE Living Program
   H.E.L.P. offers ongoing support for adults living with HE and their caregivers, including:
   - A 24/7 helpline staffed by expert nurses
   - Reminders about prescription refills and appointments with healthcare providers
   - Additional information about HE and other tools
   - Information about copay support*

Call 1-866-943-2926 and select option 4 to enroll.

*For eligible patients; restrictions apply.