

# Dagboek levercirrose



**azdelta**

Uw ziekenhuis.

# 1

## MIJN GEGEVENS

Naam: .....

Adres: .....

.....

Telefoon: .....

E-mail: .....

### Mantelzorger/contactpersoon

Naam: .....

Adres: .....

.....

Telefoon: .....

E-mail: .....



# Contactgegevens zorgteam

## Verpleegkundige leverziekten

Laurence Seynhaeve  
051 23 73 07 (tijdens kantooruren op maandag, dinsdag,  
donderdag en vrijdag)

## Arts-specialist levercirrose

Naam .....

Dienst maag-darm- en leverziekten raadpleging telefoon  
Campus Rumbeke: 051 23 72 15  
Campus Menen: 056 52 22 43  
Campus Torhout 050 23 24 20

## Huisarts

Naam .....

Telefoon .....

## Thuisverpleging

Naam .....

Telefoon .....

# 3 Alarmsymptomen bij levercirrose

**Neem onmiddellijk contact op met je huisarts, leverspecialist, leververpleegkundige of de spoeddienst bij één van de volgende klachten:**

- Bloed overgeven
- Zwarte stoelgang (zonder dat je ijzerpillen neemt)
- Plots veel gewichtstoename zonder duidelijke reden
- Een opgezwollen buik
- Opgezwollen benen of enkels
- Verwardheid, concentratiestoornissen of sufheid
- Geelzucht (gele verkleuring van huid of ogen)

**Deze symptomen kunnen wijzen op ernstige complicaties van levercirrose. Wacht niet af en neem tijdig contact op!**

# 4 SPOED

**Als je tijdens het weekend, op feestdagen of buiten de kantooruren problemen of dringende vragen hebt, richt je dan tot je huisarts, de huisarts met wachtdienst of de spoedgevallendienst in het ziekenhuis.**

Tel. spoed AZ Delta campus Rumbeke: 051 23 77 03

Tel. spoed AZ Delta campus Menen: 056 52 25 00

Tel. spoed AZ Delta campus Torhout: 050 23 23 01





| DATUM | GEWICHT | BLOEDDRUK | POLS | AANTAL<br>KEER<br>STOELGANG |
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| DATUM | GEWICHT | BLOEDDRUK | POLS | AANTAL<br>KEER<br>STOELGANG |
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# FEBRUARI

## Notities

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| DATUM | GEWICHT | BLOEDDRUK | POLS | AANTAL<br>KEER<br>STOELGANG |
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# MAART

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# MEI

## Notities

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| DATUM | GEWICHT | BLOEDDRUK | POLS | AANTAL<br>KEER<br>STOELGANG |
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| DATUM | GEWICHT | BLOEDDRUK | POLS | AANTAL<br>KEER<br>STOELGANG |
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| DATUM | GEWICHT | BLOEDDRUK | POLS | AANTAL<br>KEER<br>STOELGANG |
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| DATUM | GEWICHT | BLOEDDRUK | POLS | AANTAL<br>KEER<br>STOELGANG |
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| DATUM | GEWICHT | BLOEDDRUK | POLS | AANTAL<br>KEER<br>STOELGANG |
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# SEPTEMBER

## Notities

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| DATUM | GEWICHT | BLOEDDRUK | POLS | AANTAL<br>KEER<br>STOELGANG |
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| DATUM | GEWICHT | BLOEDDRUK | POLS | AANTAL<br>KEER<br>STOELGANG |
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| DATUM | GEWICHT | BLOEDDRUK | POLS | AANTAL<br>KEER<br>STOELGANG |
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| DATUM | GEWICHT | BLOEDDRUK | POLS | AANTAL<br>KEER<br>STOELGANG |
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| DATUM | GEWICHT | BLOEDDRUK | POLS | AANTAL<br>KEER<br>STOELGANG |
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| DATUM | GEWICHT | BLOEDDRUK | POLS | AANTAL<br>KEER<br>STOELGANG |
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# 6

## Veelgebruikte medicatie bij levercirrose

### Lactulose (bv. Bifiteral®)

- Doel: voorkomen of behandelen van verwardheid door opstapeling van afvalstoffen in het bloed (hepatische encefalopathie).
- Gebruik: dagelijks, dosis aanpassen op stoelgang (doel: 2-3 zachte stoelgangen per dag).
- Bijwerkingen: buikpijn, winderigheid, diarree.
- **Let op:** bij aanhoudende diarree arts contacteren.

### Spironolactone (bv. Aldactone®)

- Doel: verminderen van vochtophoping (ascites, gezwollen benen).
- Gebruik: 1x per dag, vaak samen met furosemide.
- Bijwerkingen: spierzwakte, hoge kaliumspiegels, borstvorming bij mannen.
- **Let op:** regelmatige bloedafnames nodig om kalium en nierfunctie te controleren.

### Furosemide (bv. Lasix®)

- Doel: vocht afdrijven (diureticum), meestal samen met spironolactone.
- Gebruik: 's morgens innemen.
- Bijwerkingen: duizeligheid, lage bloeddruk, lage kaliumspiegels.
- **Let op:** regelmatige bloedafnames nodig om kalium en nierfunctie te controleren.

### Carvedilol® (bv. Kredex®) of Propranolol® (bv. Inderal®)

- Doel: de druk in de bloedvaten van de slokdarm verlagen (bij slokdarmspataders of varices).
- Gebruik: meestal 2 keer per dag.
- Mogelijke bijwerkingen: vermoeidheid, trage hartslag, koude handen of voeten, minder uithouding bij inspanning, duizeligheid door een lage bloeddruk.
- **Let op:** nooit plots stoppen zonder overleg.

### **Rifaximine (bv. Targaxan®)**

- Doel: preventie van verwardheid door opstapeling van afvalstoffen in het bloed (hepatische encefalopathie).
- Gebruik: meestal 2x per dag, vaak in combinatie met lactulose.
- Bijwerkingen: buikklachten, misselijkheid.

# CONTACT

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