

# Questions to Ask Your Liver Doctor About Hepatitis

Bring this guide to your visit and check or highlight the questions that matter most to you.



## A. Understanding My Diagnosis

- ☐ What exactly is hepatitis delta (Hep D), and how is it different from hepatitis B?
- ☐ How did I get hepatitis delta?
- ☐ What tests did you use to diagnose my hepatitis delta, and what did the results show?
- ☐ What does it mean for my health that I have both hepatitis B and hepatitis delta?
- ☐ Have I been tested for other infections like hepatitis C or HIV?

## B. How Serious Is It and What Are My Risks?

- ☐ How serious is my hepatitis delta compared with hepatitis B alone?
- ☐ How much scarring or damage is there in my liver right now?
- ☐ How likely am I to develop cirrhosis (advanced scarring) or liver failure?
- ☐ What is my risk of liver cancer, and how will you monitor for it?
- ☐ How quickly could my liver disease get worse if we don't treat it?

## C. Treatment Choices

- ☐ Do I need treatment now, or is it safe to watch and monitor?
- ☐ What treatment options are available for me right now?
- ☐ Which treatment do you recommend for me, and why?
- ☐ What are the common side effects, and how will we manage them?
- ☐ How long will I likely need to be on treatment?
- ☐ How will we know if the treatment is working?
- ☐ If this treatment doesn't work well, what are my next options?

## D. Monitoring and Follow-Up

- ☐ How often do I need blood tests to check my liver and the virus?
- ☐ Do I need ultrasound or other scans of my liver? How often?
- ☐ How often should I see a liver specialist (hepatologist)?
- ☐ What symptoms should make me call you right away or go to the emergency room?

## E. Daily Life and Protecting Others

- ☐ Do I need to completely avoid alcohol?
- ☐ Are there any foods, medications, or supplements I should avoid?
- ☐ Is it safe for me to exercise, and what kind of exercise is best?
- ☐ How can I protect my family and partner from getting hepatitis B or delta?
- ☐ Should my partner and family be tested or vaccinated for hepatitis B?

## F. Access to Care, Support, and Long-Term Outlook

- ☐ Are there clinical trials or newer treatments I might qualify for?
- ☐ Can you refer me to a specialist center with experience in hepatitis delta?
- ☐ Where can I find support groups or reliable information about living with Hep B and Hep D?
- ☐ What is my long-term outlook, based on my current liver tests and scans?
- ☐ Under what circumstances would I ever need a liver transplant, and how would we plan for that?