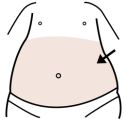


## ASCITES



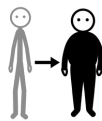
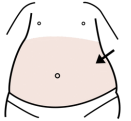
### What is ascites?

- It is the accumulation of fluid in the abdomen.
- The most common cause of ascites is liver cirrhosis.



### Symptoms

- Patients with ascites may have a swollen abdomen, weight gain, and swelling in the legs (edema).



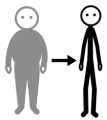
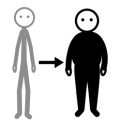
### If you have ascites, go to the emergency room if:

- You have severe abdominal or chest pain that doesn't go away.
- You have a fever.
- You have difficulty breathing.
- You feel nauseous.



### If you have ascites, consult a doctor if:

- You gain more than 1 kg (2.2 lbs) in 2 days.
- You gain more than 2.5 kg (5.5 lbs) in one week.
- You lose more than 2 or 3 kg (4.4–6.6 lbs) in one week.
- You urinate less.
- You feel dizzy.



### How to use the QR code to access more health information

1. Open your phone's camera.
2. Point it at the QR code (the square with patterns).
3. Tap the message that appears on the screen.
4. It will take you to a page with safe and verified health information.





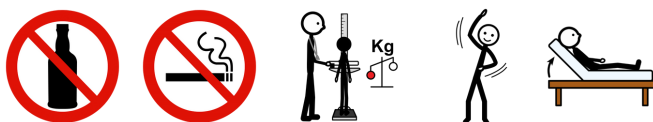
### Treatment for ascites:

- Take diuretics prescribed by your doctor to remove fluid through urination.
- Paracentesis to drain fluid from the abdomen.
- TIPS: a channel is created inside the liver to treat cirrhosis.
- Do not consume salt.



### Guidelines to follow when you have ascites:

- Do not consume alcohol or tobacco.
- Measure your body weight every day (weigh yourself daily).
- Engage in regular physical activity.
- When lying down in bed, keep your head slightly elevated. You can place two pillows under your head.



### When you have ascites, you must not consume salt or foods and drinks that contain sodium:

- Do not add salt to your food, and avoid packaged foods with added salt.
- Avoid eating organ meats, deli meats, canned foods, seafood, cheese, salted bread, or sauces.
- Check the labels on foods and drinks to see if they contain salt or sodium.
- If you eat at a bar or restaurant, ask for food without salt or with as little salt as possible.



To learn how to eat without salt, you can ask your doctor for help or find information using this QR code or the link:



### When you have ascites, you must not consume alcohol or foods that contain alcohol:

- Do not drink alcohol or eat food that is cooked with alcohol or contains alcohol.



To learn how to live without alcohol, you can ask your doctor for help or find information using this QR code or the link:



- Information verified by Dr. Raquel Souto, Digestive System Specialist
- Source: knowledge of medical specialists at the Hospital of Pontevedra. This information was created by the Hepatology and IBD Research Group of IIS Galicia Sur and the Digestive and Endocrinology Departments of the Health Area of Pontevedra and O Salnés for the COMTA project.
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