

HEPATITIS-C PATIENT INFORMATION

Uninsured Info:

A.) **Social Security Offices (SSI)**-1-800-772-1213. (1) 727 E. Durango, Rm701-A, (2) 8020 Alamo Downs Parkway, (3) 4100 S. New Braunfels, Suite 101. (*To qualify for “Commitment to Care” free medications, you must first apply for Medicaid and obtain a letter stating that you have done so. It does not matter if you are approved or denied.)

B.) **Patient Assistance Programs:** Schering (Peg-Intron): 1 (800) 521-7157, InterMune (Infergen): 888-668-3393, Roche (Pegasys): 877-734-2797, ProCrit: (800) 553-3851

Partnership for Prescription Assistance (assistance with all drugs): 1-888-477-2669.

C.) **University Health System; Nurse link (Tel Triage)** (210) 358-3000, **Care link (Indigent “Uninsured/Medicaid” Program)** (210) 358-3350, **Appointment System** (210) 358-3090.

D.) Audie L. Murphy Memorial Veterans Hospital, 7400 Merton Minter Blvd, Main # 210-617-5300; Pt. Info# 210-949-3400; Health Benefits Advisor# 210-617-5184; Pt Advocate# 210-617-5235.

1) Health Department **Immunizations**; (210) 207-8894 Influenza (\$5), Pneumococcal (\$10, repeat in 5 years if under age 65.), Hepatitis A (\$35 X 2 doses), Hepatitis B (\$40 X 3 doses), Combination Hep A and Hep B: **TwinRix** (\$50 X 3 doses).

2) **Routine medications for aches/fever:** Tylenol 325mg (Limit 6 tabs/day, DO NOT DRINK ALCOHOL with Tylenol.) Motrin/Ibuprofen 400mg (Limit 4 tabs/day), Naprosyn 250mg (Limit 2/day), Indocin 25mg (Limit 3/day).

3) To help dehydration/malaise: **Drink Decaffeinated Fluids** (weight in pounds divided by 2 = daily ounces: _____.)

4) **Herbs that will harm your liver:** Any herb containing pyrrolizidine alkaloids (~350), Jin Bu Huan, Sho-Saiko-To, Valerian, Germander (teucrium chamaedrys), Comfrey (senecio-Heliotropium), Chapparal Leaf (creosote bush/greasewood/larrea tridentata), Kava kava (piper methysticum), Licorice, Pennyroyal Oil (menthe pulegium), Ma Huang (ephedrine), Sassafras (sassafras albidum), Black cohosh, buckthorn (rhamnus cathartica), callilepis laureola (impila), casara sagrada, celandine (chelidonium majus), Coxidan, Green tea leaf, Groundsel (senecio vulgaris), Kombucha, Lobelia (lobelia inflata), Mate (paraguay tea/ilex paraguariensis), mistle toe (viscum album), Nutmeg (myristica fragans), pau d' arco (la pachol), Pokeweed (phytolacco Americana), Ragwort (senecio jacoboea), Sarsaparilla (smilax species), Saw palmetto (prostata), Senna (cassia acutifolia), skullcap (scutellaria laterifolia), soy phytoestrogen, Sweet clover (melilotus officinalis), Tansy (tanacetum vulgare), T'u-san-chi, Valerian (valeriana officinalis), Woodfuff (gallium odoratum), *Garlic, Gingko, dong quai dansun, devil's claw, and papaya extract (papain) all may increase the tendency to bleed. *St. John's Wort-avoid post transplant, decreases cyclosporine levels which increases rejection risk.

5) **No Alcohol, No Iron or Vitamin A Supplements, No Steroids.** Discontinue smoking (increases risk of cirrhosis)! Multi-vitamin without Vitamin A or Iron, Vitamin E 400mg daily, Vitamin C 1000mg daily.

6) Use two methods of **birth control** for the next 18 months (At least 1 month before starting treatment and at least 6 months after stopping medications).

7) Patients with **CIRRHOSIS:** Avoid raw seafood, exposure to seawater, iron, vitamin A and NSAIDS (Asprin, Motrin, Ibuprofen, Naprosyn, Indocin, etc.) *Acetaminophen (Tylenol) is OK in recommended doses!

8) Keep all of your appointments, get all of your lab work done, and don't miss any doses of your medication!

9) Hepatitis C web sites:

http://www.med.umich.edu/llib/aha/aha_nanbhept_crs.htm

www.hepatitisneighborhood.com

<http://www.cdc.gov/ncidod/diseases/hepatitis/index.htm>

Call us if you have problems or questions: (210) 253-3426
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