

# Liver Red Flags and Next Steps Checklist

Use this checklist when the gut-liver axis is no longer just a curiosity topic. It is not a self-diagnosis tool. It helps you decide when liver-related questions deserve clinician-guided follow-up instead of more microbiome self-experimentation.

## Situations That Deserve Medical Follow-Up

- You have been told you have elevated liver enzymes.
- You have known fatty liver, MASLD, viral hepatitis, cirrhosis, or heavy alcohol exposure.
- You have type 2 diabetes, obesity, metabolic syndrome, or high triglycerides and want to understand your liver risk.
- You have jaundice, abdominal swelling, vomiting blood, black stools, confusion, severe fatigue, or unintentional weight loss.
- You take medications or supplements that may affect the liver.

## Questions Worth Asking

- Do I need repeat liver enzymes or additional blood work?
- Do I need fibrosis risk assessment or liver imaging?
- How much of my liver risk is metabolic, alcohol-related, medication-related, or something else?
- Should I change my diet quality, alcohol intake, activity pattern, or weight-management plan?
- Do any supplements or self-experiments need to stop until my liver is properly evaluated?

## Microbiome Guardrails

- Treat the gut-liver axis as context, not as a stand-alone diagnosis.
- Do not assume bloating automatically explains abnormal liver tests.
- Do not replace liver workup with stool testing, probiotic stacking, or detox products.
- If you are using a restrictive diet for gut symptoms, make sure it has a path back toward reintroduction and personalization when appropriate.

## Practical Priorities Before Advanced Microbiome Hacks

- Improve overall diet quality.
- Increase plant diversity and fiber as tolerated.
- Review alcohol intake honestly.
- Address weight, insulin resistance, diabetes, and triglycerides when relevant.
- Use clinician-guided follow-up if there are abnormal labs, liver risk factors, or concerning symptoms.

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This resource is for informational purposes only and is not medical advice. Always work with a qualified healthcare professional for diagnosis, treatment, medication decisions, or liver-disease management.