

Driving and Hepatic Encephalopathy (HE)

Why should I be concerned about driving with HE?

Hepatic [heh-PAT-ik] encephalopathy [en-sef-uh-LOP-uhthee] (HE) is a condition that causes confusion and other thinking problems in people with liver disease. Between 2 and 6 of every 10 people with liver disease have HE. HE can change a person's mood, sleep patterns, and body movements. These symptoms affect the ability to drive safely. Symptoms are the same as those of drunk drivers. Patients with HE have a 4 to 5 times greater risk of accidents.

HE Symptoms and Driving Skills			
Symptoms	ightarrow Effect on driving skills		
Poor attention span	 Distracted, less aware → of other drivers, or drif into other lanes 	t	
Difficulty learning new things	Overwhelmed and stressed with → new destinations, construction, or traffic jams		
Disorientation or confusion	\rightarrow Confused navigation or vehicle operation	r	
Poor or interrupted sleep patterns	Drowsy when driving → or increased autopilot driving (less aware)		
Slow response time	ightarrow Delayed reaction time		
Memory problems	Poor habitual or → "reflex" driving; fast decisions are made incorrectly		



What can I do to stay safe?

- **1 Don't drive if you have HE.** Use a rideshare service, public transportation, or ride with a friend or family member.
- **2** Request a driving assessment at the Department of Motor Vehicles (DMV) to make sure you are safe to drive.

Driving with HE is not worth the risk of your life, property, or the lives of others around you.

Do not drive.

Notes	

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