

Gallstone Treatment Plan

- ☑ Actigall (ursodiol) (300mg) - dose 8-10 mg/kg/day three times a day. Monitor response every 6mo w/ ultrasound. Use for 3mo after dissolution; give w/ food
 - * A 200 pound person is equal to 90kg. So the dose would be 900mg in divided doses. 300mg three times a day with food.
 - * For obese patients during rapid wt loss; give 300mg bid w/ food to help prevent gallstone formation
- ☑ Rowachol - 2 caps tid or 4 caps qid
- ☑ Fish oil at 11.3 grams/day reduced cholesterol saturation of bile
- ☑ Vitamin C - 2 grams twice a day can reduce risk of developing stones
- ☑ Determine food sensitivities. The following foods are the most offensive with regards to gallstone development: egg, pork and onion. Other foods (from most to least offensive) that can present a problem are as follows: chicken, milk, organe, corn, beans, nuts, apple and tomatoes.
- ☑ Avoid refined sugar
- ☑ Supplementing diet with extra fiber (10-50 grams / day) is also advised..
- ☑ VM every 2-3 weeks as needed.