

## **EAR, NOSE AND THROAT ASSOCIATES OF CHESTER COUNTY**

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### **MENIERE'S DISEASE / ENDOLYMPHATIC HYDROPS**

*>>PATIENT INSTRUCTIONS >>*

Attached please find the following information:

1. Please adhere to a *low salt* diet.
2. It is important to pay special attention to adding *potassium rich foods* to your diet since your medication may tend to deplete your body of potassium.
3. Begin the prescription for a diuretic with the appropriate instructions.
4. Your physician has requested you obtain a blood study called "serum electrolytes" that you should complete in about 4 weeks. This test will determine whether the levels of sodium and potassium are normal and have not been adversely affected by the diuretic medication.
5. Schedule a follow-up appointment with our office in 6 weeks.

If you have any questions concerning your comfort or care, please contact our office at 610-363-2532.