

# Tracking your symptoms

Department of Diet and  
Nutrition

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Information for patients

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## Tracking your Symptoms

To ensure that you are taking the correct amount of pancreatic enzyme replacement capsules (for example Creon, Nutrizym 22, Pancrex), it is important that you keep a record of your symptoms.

**On the chart on the next page please tick the appropriate boxes if you are experiencing any of the symptoms on the chart. If you find that you are ticking one of the boxes several times a week, contact your dietitian, specialist nurse or GP.**

## Contact details

If you have any questions about this information, please contact the Dietitian:

**Telephone: 0116 258 5400**

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.uhleicester.nhs.uk](http://www.uhleicester.nhs.uk) for maps and information about visiting Leicester's Hospitals  
To give feedback about this information sheet, contact [uhl-tr.informationforpatientsmailbox@nhs.net](mailto:uhl-tr.informationforpatientsmailbox@nhs.net)

Symptom	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Poor appetite							
Stomach bloating							
Stomach discomfort after eating							
Increased burping/belching/flatulence							
Diarrhoea							
Oily/greasy stool							
Stools difficult to flush away							
Foul smelling stool							
Total number of bowel movements a day							
Floaty stool							
Colour of stool (see colour scale below)							



1

Green



2

Mustard/  
Orange  
Yellow



3

Pale brown/



4

Light  
Beige



5

Brown  
brown



6

Dark



7

Black



8

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل  
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।  
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

Previous reference:

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email [uhl-tr.equalitymailbox@nhs.net](mailto:uhl-tr.equalitymailbox@nhs.net)