

Tracking your symptoms

Hepatobiliary Services—Nutrition and Dietetic Service

Information for patients taking pancreatic enzyme replacement capsules



Tracking your symptoms

To ensure that you are taking the correct amount of pancreatic enzyme replacement therapy it is important that you keep a record of your symptoms.

Please tick the appropriate boxes if you are experiencing any of the symptoms listed below. If you experience these symptoms several times a week, contact your dietitian, specialist nurse or GP.

Symptom	Day 1	Day 2
Diarrhoea		
Stomach bloating		
Stomach discomfort		
Increased wind / flatulence		
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)		
Poor appetite		

Colour scale

Put the number on the above table that corresponds with the colour of your stool.



green



mustard/
yellow



orange



pale brown/
beige



light
brown

replacement capsules (for example Creon, Nutrizym 22, Pancrex), it is

symptoms below. If you find that you are ticking one of the boxes

Day 3	Day 4	Day 5	Day 6	Day 7

ur of your stool, under colour of stool.



brown



dark
brown



black

Contact details

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

Telephone: 0116 258 4981

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**



Leicester's Hospitals is a research active trust so you may find research is happening on your ward or in your clinic.

To find out more about the benefits of research and become involved yourself, speak to your clinician or nurse, call 0116 258 8351 or visit www.leicestersresearch.nhs.uk/patient-and-public-involvement

**For maps and information about visiting
Leicester's Hospitals visit
www.leicestershospitals.nhs.uk**

**If you would like this information in another language or
format such as EasyRead or Braille, please telephone the
number below or email equality@uhl-tr.nhs.uk**

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ 'ਕਿਰਪਾ' ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

إذا كنت ترغب في الحصول على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો.

0116 250 2959

To give feedback on this leaflet contact
InformationForPatients@uhl-tr.nhs.uk

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