

Your Treatment Tracker

Name _____ Date _____

Exocrine pancreatic insufficiency (EPI) is treated with pancreatic enzyme replacement therapy (also called PERT). When taken with food, pancreatic enzymes break down food so you can digest nutrients. They should always be taken as prescribed by a doctor or other healthcare professional, who may also suggest vitamins and nutritional supplements.

If you have been diagnosed with EPI, use this treatment tracker to help you and your doctor understand the impact pancreatic enzymes are having on your EPI symptoms.

To understand what's happening with your health, your doctor will need information about:

- The pancreatic enzyme dosage strength you're currently taking
- Any EPI symptoms you may be experiencing
- How EPI symptoms or pancreatic enzymes have affected your lifestyle

Answer all of the questions below and remember to take this with you to your next doctor's appointment and share the information. If you aren't sure how to answer a question, choose the response that seems most appropriate.

Pancreatic enzyme information

What dosage strength are you currently taking?

How many pancreatic enzyme capsules does your doctor tell you to take with every:

Meal _____ Snack _____

When do you take your pancreatic enzymes?

Before the meal/snack During the meal/snack After the meal/snack

In the past 2 weeks, how often have you:	Almost Always	Often	Occasionally	Never
1. Experienced greasy stools?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Experienced loose stools?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Experienced frequent diarrhea?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Passed excessive gas?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Experienced bloating?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Experienced stomach pain?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. Experienced any of the above symptoms after you ate?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. Awoken in the middle of the night to rush to the bathroom?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Questions continued on the following page.

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In the past 2 weeks, how much were you concerned by:	Almost Always	Often	Occasionally	Never
1. Eating greasy or high-fat foods?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Taking medication in front of others or in public?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Using a public bathroom?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Having gastrointestinal (GI) problems (stomach pain, loose stools) because of missed enzymes?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Having to use the toilet for a long time?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

In the past 2 weeks, how frequently did you:	Almost Always	Often	Occasionally	Never
1. Forget to bring your enzymes when dining out?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Skip meals?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Forget to take your enzymes?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Have a poor appetite because of GI problems?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Miss out on usual daily activities because of GI discomfort?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

In the past week:	More often than I'd like	As often as I'd like	Less often than I'd like
1. My bowel movements have occurred...	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Print this tracker and be sure to share it with your doctor at every appointment.

This **Treatment Tracker** is intended for informational purposes only and should not be used as a substitute for advice provided by your doctor or other healthcare professionals. You should not use the **Treatment Tracker** for diagnosing a health problem or disease. You should always consult your doctor or other healthcare professionals.