

Exocrine Pancreatic Insufficiency (EPI) Symptom Tracker

A guide to help you talk with your doctor.

Could you have EPI due to Cystic Fibrosis or other conditions? It's understandable if you're hesitant to talk about your symptoms with your doctor. The EPI Symptom Tracker can help you describe your symptoms and get the conversation started with your doctor.

What is EPI?

EPI occurs when the pancreas doesn't make enough of the enzymes necessary to digest the food you eat.

Symptoms of EPI may include:

- Stomach pain/cramps
- Weight loss
- Bloating
- Gas
- Loose, oily, foul-smelling stools that are difficult to flush (steatorrhea)

Be sure to talk to your doctor about all your symptoms. Depending on your symptoms, your doctor may need to perform tests to help diagnose EPI. Your doctor may be able to provide an accurate diagnosis and discuss treatment options, or refer you to a doctor who specializes in treating disorders of the GI tract.

Discussion Guide

Check the symptoms you may be experiencing. Remember to share all your symptoms with your doctor.

| | Almost Always | Often | No Change | Occasionally | Never |
|--|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 1. Stomach Pain/Cramps | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 2. Weight Loss | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 3. Bloating | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 4. Gas | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 5. Loose, oily, foul-smelling stools that are difficult to flush (steatorrhea) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 6. Diarrhea | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

What have you done to find relief? How well did it work?

| I tried to get relief by: | Yes or No | How Long? | Did Your Symptoms Improve? |
|---------------------------------|-----------|-----------|----------------------------|
| 1. Changing my diet | | | |
| 2. Increasing physical activity | | | |

Use the space below to describe any other symptoms you are having or additional information you would like to share with your doctor.

Now that you have filled the EPI Symptom Tracker, bring it along to your next doctor's visit. It can help your doctor understand what you are going through and help you with your treatment decisions.