

Managing pancreatic exocrine insufficiency

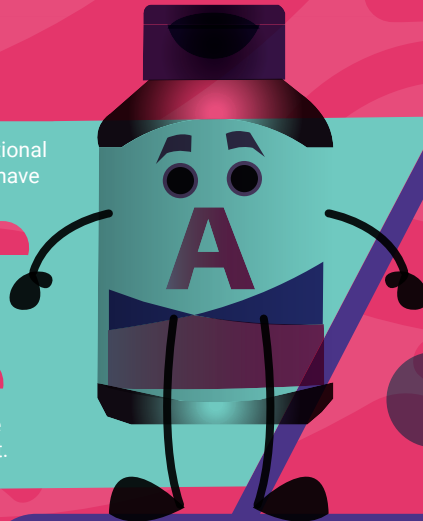


The right diet is very important for managing PEI. Your doctor and/or dietician can help you choose the foods that keep your energy level up and give you the nutrition you need.

Eat six small meals per day, instead of the traditional three. A big meal might not be appealing if you have digestion troubles from PEI.

Take vitamins. You may need to take vitamins A, D, E, and K to replace ones that aren't getting absorbed from your diet.

Also, talk with your family and friends to get the support you need while you're getting treatment.

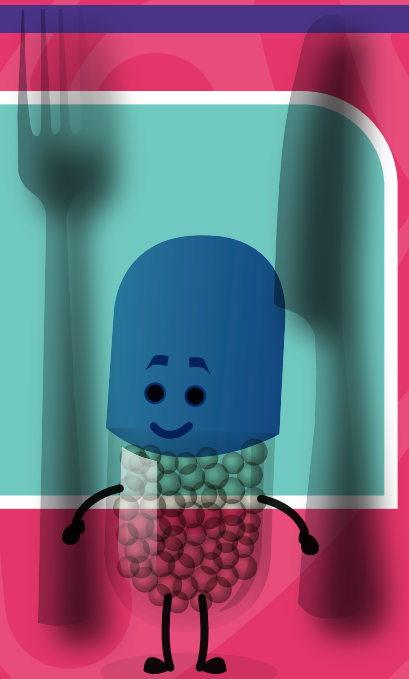
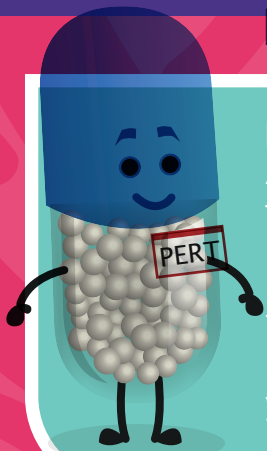


HI!

TREATMENTS

PERTs:

Apart from a healthy diet, the main treatment for PEI is pancreatic enzyme replacement therapy (PERT). You take prescription pills that replace the enzymes your pancreas isn't making.



You may also need to take an **antacid** – called a proton-pump-inhibitor – to keep your stomach from breaking down pancreatic enzymes before they can start to work.

This is only needed for certain types of PERT; check with your pharmacist if you are unsure.

