

# Pancreatic Enzyme Replacement Therapy (PERT)

## How many enzymes do I need to take?

Nutrition and Dietetics

Name:.....

## Introduction

You are required to take an enzyme supplement because your pancreas is not able to produce enough enzymes to break down and absorb food. The amount of enzymes that you need will depend on:

- The residual function of your pancreas
- The amount of food you eat
- How much fat the food contains
- How much fat is added to meals in cooking, spreads, sauces or dressings

Pancreatic enzymes work slightly differently for everyone. You will be advised what is the best dose for you. You will still need to think about the food you are eating and vary your dose according to the fat content of your food.

**The prevention of infection is a major priority in all healthcare and everyone has a part to play.**

- **Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available**
- **If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111**
- **Keep the environment clean and tidy**
- **Let's work together to keep infections out of our hospitals and care homes.**

The following is a guide on how many enzymes to take with particular meals and snacks.

Take ..... capsules of Creon 25000 with the following lower fat (less than 15g fat) snacks / meals:

- Cereal with semi skimmed milk
- 1 slice of toast with margarine or butter
- Glass of full fat milk
- Slice of Victoria Sponge / fruit cake / malt loaf
- 2-3 biscuits
- 30g packet of crisps
- Chocolate bar
- Beans on toast with butter or margarine
- Bread roll with ham / turkey with butter or margarine
- Chicken salad with mayonnaise / salad cream
- Scrambled egg on toast with butter or margarine
- Pot Noodle
- Yoghurt / mousse
- 1 scoop of ice cream
- Individual trifle or pot of custard / rice pudding
- Hot chocolate with full cream milk
- Fortisip / Ensure Plus / Complan

Take ..... capsules of Creon 25000 with foods/meals containing moderate amounts of fat (20-30g fat) including the following:

- Cheese oatcakes
- Bacon / cheese / tuna mayo sandwich
- Lasagne
- Chicken and vegetable stir fry with fried rice/noodles
- Fish fingers or sausages with beans and oven chips
- Chilli con carne with rice
- Jacket potato with cheese, beans and butter or margarine
- Fish pie / corn beef hash
- Cheese omelette and salad
- Individual sausage roll
- Casserole with potatoes and vegetables
- Macaroni / cauliflower cheese

- Scandishake supplement

Take ..... capsules of Creon 25000 with high fat (more than 30g fat) meals and snacks. Examples of high fat meals include:

- Take away meals for example Indian, Pizza or Chinese
- Fried fish in batter and chips
- Indian meal with fried rice and nan bread
- Chinese prawn crackers, sweet and sour, fried rice
- Roast dinner eg. Chicken / lamb / beef, vegetables, roast potatoes, Yorkshire puddings and gravy
- Fried bacon, egg, sausage and chips
- Burger, chips and milkshake
- Chicken nuggets and chips

You do not need to take Creon with any of the following:

- Fat free sweets e.g. wine gums, jelly babies, marshmallows, fruit pastilles, chewing gum, mints
- Fruit
- Vegetables
- Fruit squashes, fizzy drinks, tea, non-milky coffees
- Ice lollies that do not contain ice cream

If you have any queries concerning your enzyme dose or symptoms of malabsorption, please contact:

Dietitian Name:.....

Telephone Number: 01902 695335

Contact hours: Monday – Friday, 9:00am – 5:00pm

## English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

## Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

## Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

## Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

## Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

## Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。