

# SYMPTOM CHECKER

Answer the questions below and share the information with your doctor

## Your symptoms

1. Do your stools look oily, smell foul, and float? YES  NO
2. Do you have frequent gas? YES  NO
3. Do you have unexplained stomach pains, especially when you eat? YES  NO
4. Do you feel frequently bloated? YES  NO
5. Do your symptoms usually occur after eating? YES  NO
6. Have you experienced unexplained weight loss? YES  NO
7. Have you been unable to hold bowel movements or had to rush to the bathroom, especially in the middle of the night? YES  NO
8. Are you currently taking any medication(s) or supplement(s)? YES  NO
9. When did your symptoms start?  
PAST MONTH  PAST 6 MONTHS  MORE THAN 6 MONTHS AGO  NOT SURE
10. On a scale of 1-10, how severe do you consider your symptoms?  
LEAST SEVERE 1 2 3 4 5 6 7 8 9 10 MOST SEVERE

## Questions to ask your doctor

1. Could my symptoms be caused by something I'm eating?
2. Could my symptoms be caused by medications or supplements I'm taking?
3. Do you think my symptoms could be caused by a GI condition?

## Questions to ask if you have been diagnosed with EPI

1. Do I need to change my diet?
2. Are there lifestyle changes I should make?
3. What are my treatment options?

## Could it be EPI?



### EPI can be mistaken for other GI conditions

EPI (exocrine pancreatic insufficiency) can often be confused with other GI conditions like irritable bowel syndrome (IBS), celiac disease, Crohn's disease, or ulcerative colitis because it shares many of the same symptoms.



### The pancreas can affect digestion

EPI can happen when your pancreas isn't making enough digestive enzymes to break down the food you eat.

Symptoms of EPI include:

- frequent diarrhea
- gas
- bloating
- stomach pain
- oily stools
- unexplained weight loss



### Talk to your doctor about EPI

EPI is a manageable condition. If you have one or more of these symptoms, it's important to talk to your doctor about EPI. Make sure to include all your symptoms and when you are experiencing them, your medical history, and any medications, vitamins or supplements that you may be taking.