

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.