Exocrine Pancreatic Insufficiency (EPI)
GI Symptom Tracker

This questionnaire is meant to help you and your doctor understand the impact treatment is having on your GI symptoms. These questions are about your current symptoms, as you perceive them. If you are not sure how to answer, choose the response that seems closest to your situation. After answering the questions below, remember to take this sheet with you to your next appointment.

Your Name ___________________________ Today’s Date ___________________

Strength of enzyme you are currently taking: ____________

How many enzymes does your healthcare provider tell you to take with:
Every meal? _______ Every snack? _______

When are you taking your enzymes? (circle one) Before meal During meal After meal

During the past 2 weeks, how often have you:
1. Had frequent diarrhea? ☐ ☐ ☐ ☐
2. Had greasy stools? ☐ ☐ ☐ ☐
3. Had loose stools? ☐ ☐ ☐ ☐
4. Felt bloated? ☐ ☐ ☐ ☐
5. Had excessive gas? ☐ ☐ ☐ ☐
6. Had abdominal pain? ☐ ☐ ☐ ☐
7. Had to rush to the bathroom due to urgent bowel movement? ☐ ☐ ☐ ☐

During the past 2 weeks, how bothered/concerned were you by:
8. Eating fatty or greasy foods? ☐ ☐ ☐ ☐
9. Taking enzymes in front of others? ☐ ☐ ☐ ☐
10. Using a public bathroom? ☐ ☐ ☐ ☐
11. Having GI problems (stomach ache, loose stools) due to missed enzymes? ☐ ☐ ☐ ☐
12. Having to stay on the toilet for a long time? ☐ ☐ ☐ ☐

During the past 2 weeks, how often did you:
13. Forget to bring your enzymes when eating out? ☐ ☐ ☐ ☐
14. Skip a meal? ☐ ☐ ☐ ☐
15. Forget to take your enzymes? ☐ ☐ ☐ ☐
16. Have a poor appetite because of GI problems? ☐ ☐ ☐ ☐
17. Miss daily activities because of GI discomfort? ☐ ☐ ☐ ☐

During the past week:
18. How many stools did you have per day?
0-1 ☐ 2-3 ☐ 4-5 ☐ 6 or more ☐

Learn more at IdentifyEPI.com


The EPI GI Symptom Tracker is intended for informational purposes only and should not be used as a substitute for advice provided by your doctor or other healthcare professionals. You should not use the EPI GI Symptom Tracker for diagnosing a health problem or disease. You should always consult your doctor or other healthcare professionals.