

**IBS-D****EPI**

# Can you see what makes EPI unique?

Diagnosing **Exocrine Pancreatic Insufficiency (EPI)** can be a challenge if your patients don't open up about their GI symptoms. But with the right questions, you can get what you need for a diagnosis.\*

**Use the information within to guide your next patient conversation to help confirm or rule out EPI.**

## QUESTIONS TO HELP GUIDE YOUR DIAGNOSIS

### Symptoms<sup>1</sup>

Are you experiencing one or more symptoms such as:

- Diarrhea
- Abdominal pain
- Bloating
- Flatulence
- Unexplained weight loss
- Steatorrhea<sup>†</sup>

### Urgency and Frequency

- What happens typically after you eat?
- Do you experience symptoms like diarrhea, gas, or bloating that seem to be associated with meals?<sup>1</sup> How frequently does this happen?
- Is there a sense of urgency to find a bathroom? How often does this happen?

### Stool Details

- Is your stool loose?
- Is it greasy?
- Does it smell very foul?
- Is it difficult to flush?

\*Tests may help confirm a diagnosis.

<sup>†</sup>Steatorrhea: >7 g of fecal fat per day while consuming 100 g of dietary fat per day.<sup>2</sup>

**IdentifyEPI.com** has a variety of **tools, resources, and support** to help patients learn about their condition, track their symptoms, and more.

#### References

1. Alkaade S, Vareedayah AA. A primer on exocrine pancreatic insufficiency, fat malabsorption, and fatty acid abnormalities. *Am J Manag Care*. 2017;23(suppl 12):S203-S209. 2. Fieker A, Philpott J, Armand M. Enzyme replacement therapy for pancreatic insufficiency: present and future. *Clin Exp Gastroenterol*. 2011;4:55-73.

# Helpful context when confirming your clinical EPI diagnosis

## TO GET PATIENTS TO OPEN UP, ASK QUESTIONS LIKE:

### DIET

- Have you made any major changes to your diet recently?
- Do you notice when certain foods trigger your GI symptoms? Which foods?
- If/when you eat something fatty, do you notice any “stomach issues” or abdominal symptoms?
- What foods have you stopped eating to avoid and/or improve your symptoms?

### LIFESTYLE

- Are any of your symptoms affecting your day-to-day activities?
- Have you avoided any activities or life events due to symptoms—or fear of potential symptoms?
- How frequently are you stopping/leaving activities due to symptoms?
- How much is your overall lifestyle impacted by these symptoms?

## Look beyond just symptoms, diet, and lifestyle when making an EPI diagnosis.<sup>1-3</sup>

## CONSIDER YOUR PATIENT’S MEDICAL HISTORY WHEN DETERMINING THEIR RISK FOR EPI.<sup>4</sup>

### Underlying conditions and procedures for EPI include:

- Cystic fibrosis<sup>5</sup>
- Chronic pancreatitis<sup>5,6</sup>
- Pancreatectomy<sup>7,8</sup>
- Pancreatic cancer<sup>5</sup>

### Other underlying conditions and procedures in which EPI has been reported include:

- Acute pancreatitis<sup>9,10</sup>
- Crohn’s disease<sup>11</sup>
- Celiac disease<sup>11</sup>
- Type I diabetes<sup>11</sup>
- Gastric resection/bypass<sup>12,13</sup>

Get more EPI resources for patients and your practice at [identifyEPI.com/hcp](https://www.identifyEPI.com/hcp).

### References

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