Do you want to know?

Acute Pancreatitis

F03
sheet 1/1

What is it?

Acute pancreatitis is an acute inflammation of the pancreas. The two major causes of pancreatitis are gall bladder disease and alcohol abuse.

What do you need to know?

Drugs
Take medications as prescribed by your physician.

Diet
May vary according to the severity of pancreatitis. Refer to a dietitian.

Activity
Encourage adequate rest to relieve pain and preserve energy.

Therapeutic Measures
Monitor fluid intake and urine output, as well as weight and blood sugar to detect any complications.

Considerations

- Quit smoking. It over stimulates the pancreas.
- Avoid stressful situations. Stress increases pancreatic enzymes.
- Report signs of complications such as nausea, vomiting, temperature equal or greater than 38.5°C, severe abdominal pain or blood sugar level equal or greater than 150 mg/dl.

INSTRUCTIONS

The content of this educational leaflet is of general information. Ask your physician or health care provider if this content applies to you.
Prepared by the Nursing Services in coordination with other health care disciplines.

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