Do you want to know?

Chronic Pancreatitis

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What is it?

Chronic pancreatitis is a progressive destruction of the pancreas due to the repeated inflammation leading to the loss of the function of the pancreas.

What do you need to know?

Drugs

Take medications as prescribed by your physician.

Diet

- Follow a low fat diet to decrease pancreatic secretions.
- Avoid gastric stimulants such as coffee, tea, spices, and alcohol to prevent abdominal pain and discomfort.

Activity

Encourage adequate rest to preserve energy.

Considerations

- Quit smoking since it over stimulates the pancreatic secretions.
- Avoid stressful situations since it increases pancreatic enzymes.
- Monitor weight and blood sugar daily to detect any complications.
- Report to your physician if blood sugar is equal or more than 120 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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