

Patient information

Pancreatic Enzyme Replacement Therapy (PERT) Administration

Therapies - Dietetics Department

You may have been advised to take enzymes following your upper GI surgery. Sometimes after surgery, food can pass through your digestive system too quickly and therefore the food is poorly absorbed. This can result in unpleasant gastrointestinal symptoms. It is a result of the changes in your anatomy after surgery rather than issues with your pancreas. PERT helps your body to break down and absorb your food so you can receive adequate nutrition and maintain your weight. This leaflet helps you understand how to take PERT.

How to take pancreatic enzyme replacement therapy (PERT)

- Take two capsules with every meal, snack and milky drink.
- Always take the capsules at the start of your meal or snack.
- If you have been advised to take more than two capsules by your upper GI team, you can split these between the start and middle of your meal.
- If you forget to take the capsules before eating and do not remember to take within 20 minutes of finishing your meal, do not take this time. Try to remember at your next meal.
- Always swallow the capsules with a cold drink i.e. water, milk, juice etc. The enzymes will not work as well if taken with a hot drink.
- Aim to swallow the capsule whole. If you have trouble swallowing the capsules, open the capsules and sprinkle the contents on a small amount of room-temperature, acidic food e.g. apple puree or yoghurt.
- Do not crush or chew tablets as this can cause mouth irritation.
- Capsules need to be stored below 25 C. Avoid storing capsules, for example, in trouser pockets, on radiators, windowsills, in direct sunlight.
- Monitor your symptoms, for example- loose, pale, oily, floating, foul-smelling stools. Wind, cramps, bloating. If no improvement, speak to your dietitian.

When not to take enzyme supplements

- Do not take on an empty stomach
- With drinks that are less than ½ milk e.g. water, tea, coffee, squash

- With a piece of fruit or glass of fruit juice
- With dried fruit
- With sugary sweets e.g. jelly babies, wine gums, marshmallows, fruit pastilles, chewing gum and mints
- With very small quantities of foods e.g. if you have an individual chocolate or one plain biscuit

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further information

Royal Liverpool Hospital Specialist Upper Gastrointestinal (GI)

Dietitians:

Telephone Number: 0151 706 4704

Email address: uppergidietitians@liverpoolft.nhs.uk

Little and often support group

Last Thursday of the Month 13:30-15:30

at Kent Lodge, Broadgreen Hospital

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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زانیاری پیوندیدار بهو نه‌خوشانه‌ی له‌لایه‌ن تراسته‌وه په‌سهند کراون، نه‌گس داوا بکریت له فورماته‌کانی تردا بریتی له زمانه‌کانی تر، ئیزی رید (هاسان خویندنه‌وه)، چاپی گه‌وره، شریتی ده‌نگ، هئیلی موون و ئه‌لیکترۆنیکی هه‌یه.

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