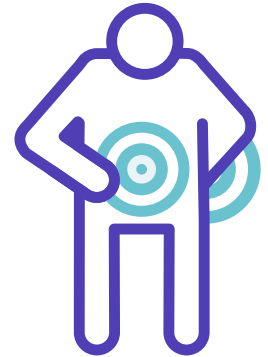
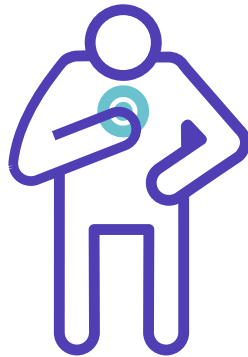


Do you have problems digesting your food?

The pancreas makes enzymes which help to break down food. This is part of digestion. Pancreatic cancer and surgery to remove the cancer can cause problems with digestion. You might get some of these symptoms:

- losing your appetite
- losing weight, or struggling to put weight back on
- indigestion or heartburn
- runny poo (**diarrhoea**)
- problems emptying your bowels (**constipation**)
- pale, oily, floating poo (**steatorrhoea**)
- tummy pain or discomfort
- bloating or wind
- feeling full up quickly
- needing to poo urgently, especially after eating



If you have pancreatic cancer and have these symptoms, you may need to take capsules. These replace the enzymes your pancreas normally makes.

These are called **Pancreatic Enzyme Replacement Therapy (PERT)**. Common brands are **Creon®**, **Pancrease®**, **Nutrizym®** and **Pancrex®**.

You take these capsules when you eat and they help digest your food.

They can:

- help manage your symptoms
- help you to cope better with treatments, such as chemotherapy or surgery
- make a big difference to how you feel.

If you have these symptoms but haven't been told about PERT, ask your doctor, nurse or dietitian about it.

You could show them this leaflet.

Get more information and support

Find out more about PERT, how to take it and how it can help, in our fact sheet:



How to manage problems with digestion using pancreatic enzyme replacement therapy (PERT)

Or on our website at:



**[pancreaticcancer.org.uk/
pancreaticenzymes](https://pancreaticcancer.org.uk/pancreaticenzymes)**



**Pancreatic
Cancer
UK**



**Do you have
problems digesting
your food?**

Read more about how pancreatic cancer can affect your digestion and diet, including practical tips to help you manage symptoms, in our booklet:



Diet and pancreatic cancer

If you have any questions about PERT or problems with digestion, speak to your doctor, nurse or dietitian.

Living with Pancreatic Cancer Online Support Sessions

You can also find out more about PERT at our online support sessions. These are hosted by our specialist nurses and will give you the chance to meet others with pancreatic cancer.

Go to:

pancreaticcancer.org.uk/supportsessions

Our specialist nurses

Speak to our specialist nurses on our free Support Line. They can explain how to manage symptoms, and answer your questions.

0808 801 0707

nurse@pancreaticcancer.org.uk



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