

# Pancreatitis

## General Information

Pancreatitis is a disease that occurs when the pancreas becomes inflamed. The pancreas is an organ that makes insulin and other enzymes (digestive juices) that help digest food. The most common causes of pancreatitis are drinking large amounts of alcohol, and gallstones.

## Activity

- You may return to your normal activities, unless your doctor gives you other instructions.

## Diet

- Avoid all alcohol if alcohol caused your pancreatitis.
- Eat small meals often. Make sure the meals are high in protein and low in fat.

## Discomfort

- Your pain should be controlled when you leave the hospital. If, however, you still have pain, talk with your health care provider.

## When To Call Your Health Care Provider

Call your health care provider if you have:

- severe back or upper abdominal pain
- upset stomach or vomiting that won't go away
- weight loss
- fever
- greasy, foul-smelling stool that clings to the toilet bowl.

## Follow-up Appointment

Ask your health care provider when you should schedule your follow-up appointment. Keep all follow-up appointments with your health care provider or specialist, even if you are feeling well.