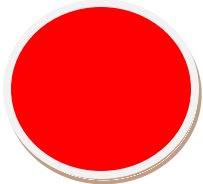


Outpatient Action Plan for Chronic Pancreatitis



Red Zone: WARNING
 Are you experiencing:

- Fever greater than 101.5, regardless of any other symptoms
- Vomiting, unable to keep clear liquids down
- Significant change in nature or intensity of pain

If the answer to any of the above questions is “YES” we consider this the “RED” zone.

We consider this the **RED** zone and you need to be evaluated by a provider right away. Please call 206-223-2319 during business hours to arrange this. If this is outside business hours, please go to closest emergency room.



Yellow Zone: CAUTION
 Are you experiencing:

- Pain > 4-8 on 1-10 pain scale despite changing to clear liquid diet
- > 3 bowel movements a day
- Nausea and Vomiting, able to keep clear liquids down
- Oily stool that floats
- Yellowing of the whites of your eyes or skin, tea colored urine, or light/clay colored stool

If the answer to any of the above questions is “YES” it is possible that you ARE having an Exacerbation.

We consider this the **YELLOW** zone for Chronic Pancreatitis and your symptoms may represent an acute flare. Please alert us by phone sharing your specific symptoms (206) 223-2319. A Medical Assistant or Nurse will respond to your message. Please start a clear liquid for 24-48 hours to decrease your symptoms.

Please call if you are worried about any other symptoms.

It is not unusual for patients to be in the **YELLOW** zone for a few days and find that their symptoms begin to improve without any intervention or with change in diet.



Green Zone: GO
 Are you experiencing:

- Intermittent fluctuations in pain and intensity, especially with long and heavier meals
- Occasional nausea
- Occasional loose stool

If the answer to any of the above questions is “YES” It is possible you are NOT having an Exacerbation, continue to monitor

We consider this the **GREEN** zone. No need to call unless things change.

- Your symptoms are under control
- Continue to take medications as prescribed
- Keep all physicians, lab and/or radiology appointments
- Remember that you can use small, low fat meals or clear liquid diet to manage pain

Digestive Disease Institute
206-223-2319

Patient Label