

## Pancreatic Enzyme - *Self-Test*

**Instructions:** Circle the number that best describes the intensity of your symptoms. If you do not know the answer to the question circle (0).

(0) rarely or never

(1) mildly or less than twice a week

(2) moderately or three to six times per week

(3) strongly or daily

|  |   |   |   |   |
|--|---|---|---|---|
| Abdominal discomfort and fullness 1-4 hours after eating | 0 | 1 | 2 | 3 |
| Abdominal distension (bloating) after meals              | 0 | 1 | 2 | 3 |
| Fatigue and general weakness                             | 0 | 1 | 2 | 3 |
| Excessive flatulence (gas)                               | 0 | 1 | 2 | 3 |
| Abdominal cramping                                       | 0 | 1 | 2 | 3 |
| Pain and tenderness under the left rib cage              | 0 | 1 | 2 | 3 |
| Difficulty gaining or losing weight                      | 0 | 1 | 2 | 3 |
| Nausea, aggravated by specific foods                     | 0 | 1 | 2 | 3 |
| Vomiting   | 0 | 1 | 2 | 3 |
| Dry skin and or hair                                     | 0 | 1 | 2 | 3 |
| Undigested food in your stools                           | 0 | 1 | 2 | 3 |
| Alternating diarrhea and constipation                    | 0 | 1 | 2 | 3 |
|  |   |   |   |   |

**Total:** \_\_\_\_\_

**Low: 0 - 10 Moderate: 11 - 24**

**High: over 25**