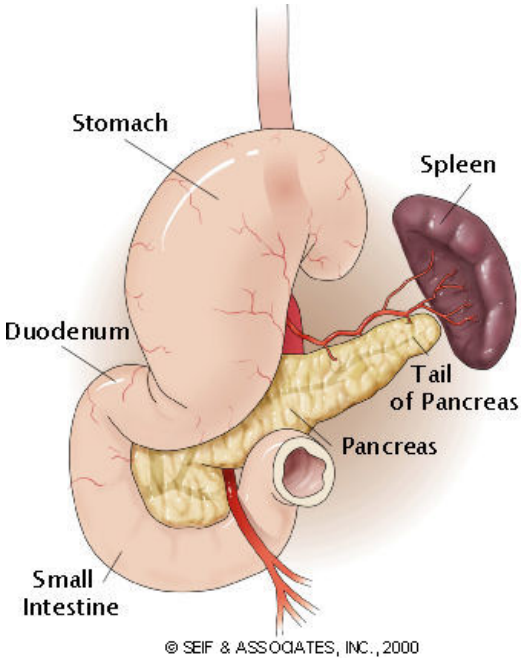
Acute Pancreatitis

Pancreatitis is a problem of disease or injury to the pancreas. The pancreas is a gland behind your stomach. This gland helps digest food and controls your blood sugar. Pancreatitis can occur from alcohol abuse, gallstones, infection, or injury. It may cause pain and may cause other organs to fail. Talk about treatment with your doctor.



HOME CARE

- Only take medicine as told by your doctor.
- Follow the diet suggested by your doctor. He or she may tell you to eat small meals often. Avoid fatty, greasy, and fried foods.
- Drink enough water and fluids to keep your pee clear or pale yellow. This will prevent you from losing too much fluid (*dehydration*) which can cause pain.
- Avoid anything that may have started the problem (like alcohol).
- Allow time to recover and rest.
- Check your blood sugar at home if you are told to.
- Keep all your follow-up appointments. This is **very** important.

CAUSES

- Drinking too much alcohol.
- Gallstones.
- Some medicines.
- Some chemicals.
- Infection.
- Damage caused by an injury to the belly (*abdomen*).
- Surgery of the abdomen.

GET HELP IF:

- You do not get better in the time your doctor said you would.
- You have pain, weakness, or feel sick to your stomach (*nauseous*).
- You recover but then have another episode of pain.

GET HELP RIGHT AWAY IF:

- You are unable to eat or keep liquids down.
- Your pain gets worse or changes.
- You have a temperature by mouth above 102° F (38.9° C), not controlled by medicine.
- Your skin or the white part of your eyes looks yellow.
- You start to throw up (*vomit*).
- You feel dizzy or pass out.
- Your blood sugar is high (over 300).

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.

- Will get help right away if you are not doing well or get worse.

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