

**Tips on  
preventing future  
Pancreatitis  
attacks**

- o Avoid caffeine (in coffee, tea, pop and chocolate).
- o Avoid alcohol.
- o Avoid gas-forming foods
- o Avoid large, heavy meals
- o Treat gallbladder disease right away.
- o Treat Peptic Ulcer disease right away.

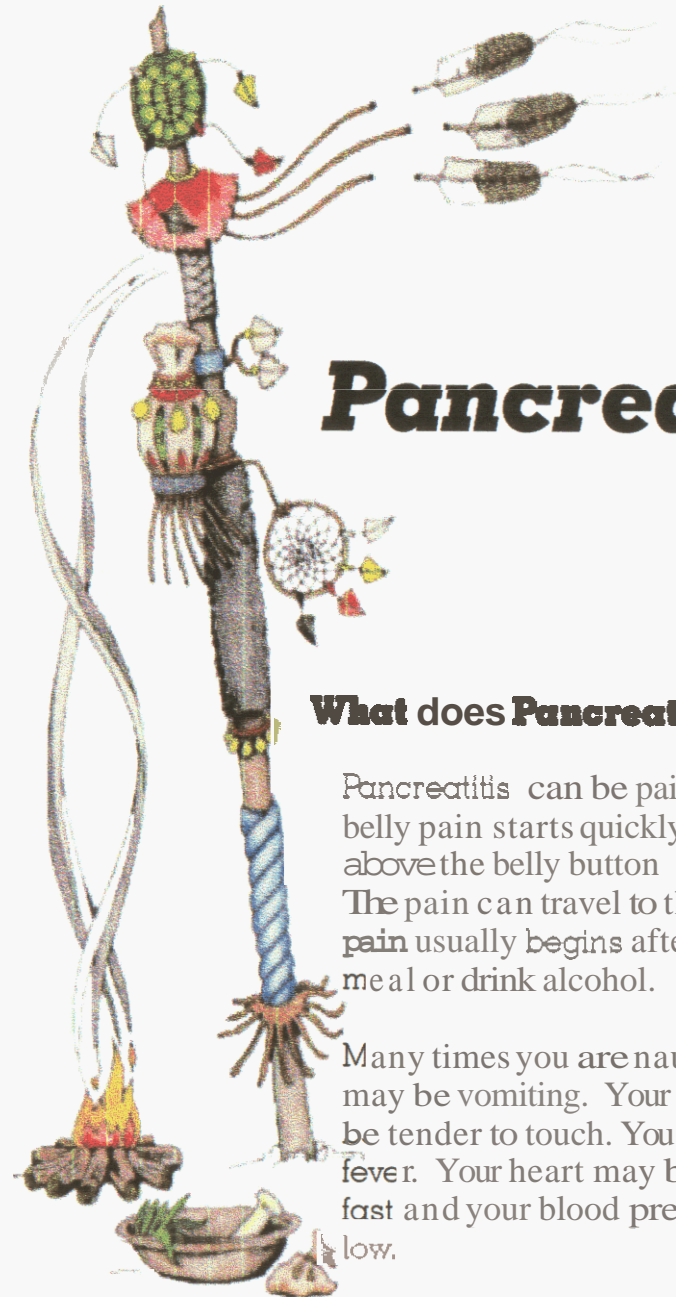
Your doctors and nurses can answer your questions and help you make changes that will lead to a happier and healthier future.

This brochure provides a general overview on this topic and may not apply to everyone. To find out if this brochure applies to you and to get more information on this subject, talk to your doctor.



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## *Red Lake Hospital Health Tip*

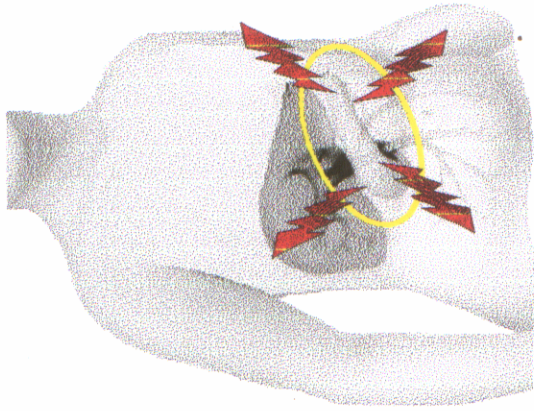


# **Pancreatitis**

### **What does Pancreatitis feel like?**

Pancreatitis can be painful. Usually belly pain starts quickly in the area above the belly button and is severe. The pain can travel to the back. The pain usually begins after you eat a fatty meal or drink alcohol.

Many times you are nauseated and may be vomiting. Your upper belly will be tender to touch. You may have a fever. Your heart may be beating too fast and your blood pressure may be low.



**What does the pancreas do?** The pancreas is a very important part of your body. It makes many chemicals called enzymes and hormones. Your body needs these things to break down fats and control sugar levels in your blood.

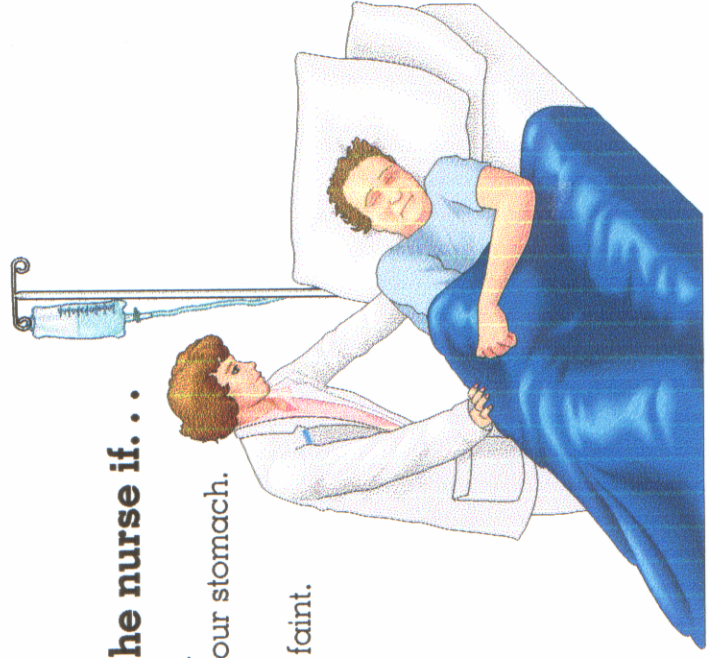
**What causes Pancreatitis** Many things can hurt your pancreas. The most common causes are:

- Drinking alcohol
- Gallbladder disease
- Peptic ulcer disease
- Blunt blows to the stomach.

These things can lead to swelling, bleeding, tissue death and/or loss of this organ's ability to do its job. You need your pancreas to control sugar levels in your blood and digest fats.

**Please tell the nurse if...**

- You feel pain
- Feel sick to your stomach.
- Vomit
- Feel dizzy or faint.



**What is Pancreatitis?** Pancreatitis means "an inflammation" of the pancreas. So, what is an inflammation? It is the normal response of your body to the invasion of germs or an injury to part of your body. It is your body's way of warning you that something is wrong. The inflamed area will be red, swollen and tender to the touch.

**How is Pancreatitis treated?** Your doctor will evaluate you and decide if you need to be put in the hospital. Usually, people are put in the hospital if their pain is severe and if you are dehydrated from vomiting.

- Have an IV put in.
- Get fluids through your IV.
- Eat nothing by mouth at first.
- Get pain medicine based on your needs and what your doctor orders for you.
- Have blood tests done when you are admitted and maybe several other times during your stay.

**While you are in the hospital you will...**