

# Acute Pancreatitis Action Plan

**Acute pancreatitis** means the pancreas is swollen and irritated. This can cause **strong belly pain**. If you were treated in the hospital and are now at home, use this action plan to know **what symptoms to watch for** and **what to do**.

## Red Zone: Warning

**Get medical help right away.**

Call your healthcare provider **now** or go to the **emergency department** if you have **any** of these:

- Fever over 100.8° F or 38.2° C
- Vomiting and cannot keep clear liquids down
- Pain that is much worse or not getting better
- If you have a drain: fresh blood in the drain

### Actions to Take

- **Contact your healthcare provider right away**
- If you cannot reach your provider, **go to the closest emergency department**
- If symptoms are severe, **call 911**

## Yellow Zone: Caution

**Call your provider — may be a flare-up.**

Call your provider if you have **any** of these:

- Pain 4 to 8 out of 10, even after switching to clear liquids
- More than 3 bowel movements in 1 day
- Vomiting, but still able to keep clear liquids down
- Oily stool that floats, or stool that is light or clay-colored
- Yellow color of the skin or whites of the eyes
- Dark (tea-colored) urine
- If you have a drain: drains less than 20 mL (cc) over 2 days, is hard to flush, leaks around sides, or you have redness or pain around the drain site

### Actions to Take

- **Contact your healthcare provider** and describe your symptoms
- **Use a clear liquid diet for 24 to 48 hours** if advised to help reduce symptoms
- **Call if you are worried** about any symptoms not listed here

## Green Zone: Go

**Doing well — keep watching.**

These symptoms are common during recovery and may not mean a flare-up:

- Pain changes with heavier meals
- Feeling nauseated once in a while
- Loose stool once in a while
- If you have a drain: drains 20 mL (cc) or more over 2 days

### Actions to Take

- **You do not need to call**
- **Take medicines as prescribed**
- **Keep all medical appointments**
- **Eat small, low fat meals** to help manage pain