



Version: 1

Food, drink and enzyme replacement diary

Department of Dietetics & Nutrition Leaflet No: 799

Information for patients

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Your diary

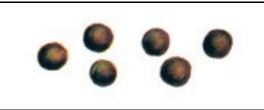
Please use this diary to record all the food, drinks and nutritional supplements that you have eaten during the day. This includes snacks and milky drinks. Details about the food, such as how much you had and how it was cooked, will make the diary more accurate.

- Also record how many pancreatic enzyme replacement therapy (PERT)
 capsules you take with all meals, snacks, drinks and nutritional supplements.
- Record every time that your bowels open, and describe the colour (such as black, brown, orange or yellow) and consistency of your stool (using the stool chart overleaf).
- Also record when you have stomach pain, indigestion, feel bloated or pass excessive wind.
- Fill the diary in for at least three days (two week days and one weekend day).
 Once you have finished, please return the diary to the dietitians in person or by post. They will then be in touch with you once they have looked at your diary with any suggestions they may have.

Health information and support is available at www.nhs.uk or call 111 for non-emergency medical advice

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk





Type 1

Looks like rabbit droppings Separate hard round lumps that are difficult to pass



Type 2

Looks like a bunch of grapes
Like a lumpy sausage



Type 3

Looks like corn on the cob Like a sausage with cracks on the surface



Type 4

Looks like a smooth soft snake



Type 5

Looks like chicken nuggets
Soft blobs that are easy to
pass



Type 6

Looks like porridge
Fluffy pieces with ragged
edges



Type 7

Looks like gravy
With no solid pieces



Example of completed diary

Date 22/12/2021

Brand of PERT: Creon 10,000

Time	Details of food and drink quantity	Number of PERT cap-	Symptoms /Bowels
8:30	Small bowl of porridge with full cream milk with handful of blueberries and strawberries.	3	No symptoms
10:00	Twirl Diet coke Apple	1	No symptoms
13:30	Cheese and ham toastie with butter, two slices of thick bread. Full fat yoghurt	2	Bloated tummy and yellow, type 7 stool at 14:00
15:00	Milkshake made with full cream milk with extra ice cream	1	Stomach ache
17:45	Spaghetti Bolognese with cheese and spaghetti	3	Indigestion and type 6 yellow stool
20:00	Cup of tea with dash of milk Small piece of chocolate cake	1	No symptoms



Гime	Details of food and drink quantity	Number of PERT capsules	Symptoms

Time	Details of food and drink quantity	Number of PERT capsules	Symptoms

Details of food and drink quantity	Number of PERT capsules	Symptoms
		of PERT

Time	Details of food and drink quantity	Number of PERT capsules	Symptoms

Please return your completed diary to
If you have any queries please do not hesitate to contact your dietitian
Name
Telephone number
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Access our website on www.lnds.nhs.uk

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہِ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔ علی ھذہ المعلومات بلغةِ اُخری، الرجاء الاتصال علی رقم الهاتف الذي يظهر في الأسـفل જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿੱਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦੱਤਿ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ। Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk

