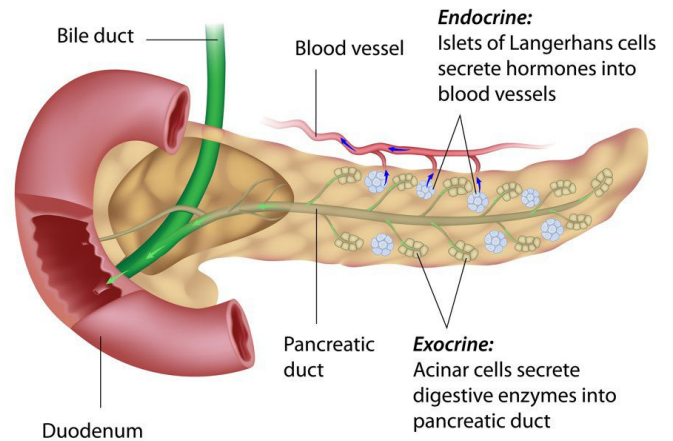


The pancreas is a large gland that is located behind the stomach and joins the digestive tract via the main pancreatic duct. It has several different types of cells that are responsible for producing substances (enzymes, peptides, hormones) that play an essential role in converting the food we eat into fuel for the body's cells – as well as regulating our blood sugars.

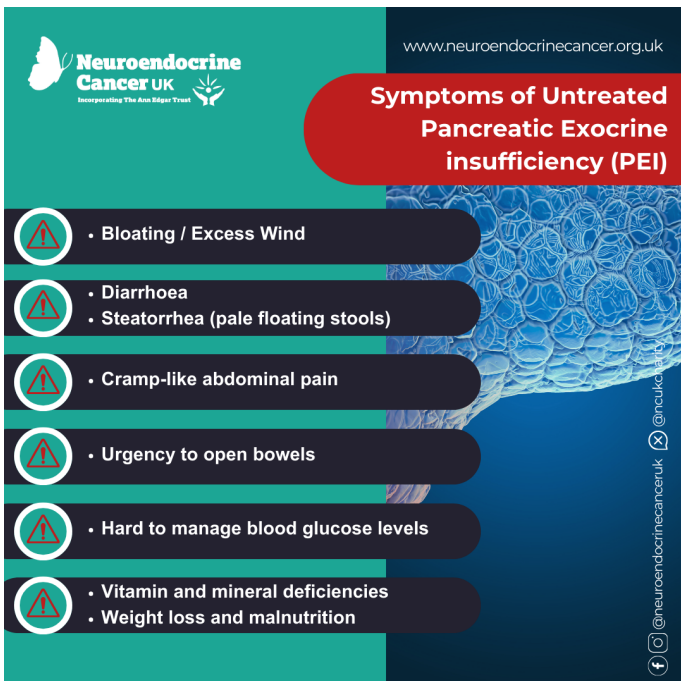
**Exocrine function** refers to the pancreas' ability to produce enzymes that are released into the ducts within the pancreas. These enzymes, mixed with digestive juices, help the body to absorb nutrients, by breaking down the food we have eaten when it reaches the duodenum.

**Endocrine function** refers to the pancreas' ability to produce certain gut hormones, such as insulin and glucagon, which are released directly into the bloodstream (rather than through ducts). These gut hormones aid digestion by controlling certain functions of the gut, as well as helping to regulate and control our blood sugar levels.



If the pancreas cannot produce enough enzymes this can result in Pancreatic Enzyme Insufficiency (P.E.I) which can, if left untreated, lead to malnutrition (due to malabsorption of nutrients, the effects of the underlying pancreatic disease and the impact of the symptoms on oral intake).

Pancreatic enzyme replacement therapy (PERT) is the cornerstone of treatment and is associated with improved survival and quality of life (QoL) in patients with PEI. Further information on PEI and PERT can be found on our website.



**Neuroendocrine  
Cancer UK**  
www.neuroendocrinecancer.org.uk  
Incorporating The Ann Edgar Trust

**Symptoms of Untreated  
Pancreatic Exocrine  
insufficiency (PEI)**

- Bloating / Excess Wind
- Diarrhoea  
• Steatorrhea (pale floating stools)
- Cramp-like abdominal pain
- Urgency to open bowels
- Hard to manage blood glucose levels
- Vitamin and mineral deficiencies  
• Weight loss and malnutrition

@neuroendocrinecanceruk @incukcancer

**Position Statement:**  
Pancreatic enzyme replacement therapy (PERT) shortage – advice for the management of adults with pancreatic exocrine insufficiency  
Phillips, McGeeney, Watson & Lowdon  
Published March 2024  
Full document available via the PSGB&I website: <https://www.psgbi.org/> or by scanning QR code provided.

QR code to Position  
Statement - March 2024

**SCAN ME**



When supply issues occur, it can be tempting to stock up on how much PERT you have at home (beyond 1 month's supply), we would caution against this, as it can drive up demand, which may increase shortages for others.

Ensure that you use your PERT before it goes out of date. If you store PERT in different places (i.e. at work), try to rotate your supplies to prevent any wastage.

- Remember to store your PERT appropriately.
- All PERT should be stored below 25 degrees, and some brands recommend refrigeration.
- If PERT gets too hot it does not work properly, this damage cannot be reversed.

This table shows how each product compares to others.

**Table 1: Conversion chart:**

Creon <sup>®</sup> 25,000 Dose	Equivalent in Nutrizym <sup>®</sup> 22	Equivalent in Creon <sup>®</sup> 10,000	Equivalent in Pancrex <sup>®</sup> 340mg (8,000 units lipase)	Equivalent in Pancrex <sup>®</sup> 125mg (2,950 units lipase)	Equivalent in Creon <sup>®</sup> Micro*	Pancrex <sup>®</sup> V powder*
1 x Creon 25,000	1 x Nutrizym 22	3 x Creon 10,000	3 x Pancrex 8,000	8 x Pancrex 2,950	5 scoops Creon Micro	½ x 2.5ml spoon
2 x Creon 25,000	2 x Nutrizym 22	5 x Creon 10,000	6 x Pancrex 8,000	16 x Pancrex 2,950	10 scoops Creon Micro	1 x 2.5ml spoon
3 x Creon 25,000	3 x Nutrizym 22	8 x Creon 10,000	9 x Pancrex 8,000	24 x Pancrex 2,950	15 scoops Creon Micro	1½ x 2.5ml spoon
4 x Creon 25,000	4 x Nutrizym 22	10 x Creon 10,000	12 x Pancrex 8,000	32 x Pancrex 2,950	20 scoops Creon Micro	2 x 2.5ml spoon
5 x Creon 25,000	5 x Nutrizym 22	13 x Creon 10,000	15 x Pancrex 8,000	40 x Pancrex 2,950	25 scoops Creon Micro	2 ½ x 2.5ml spoon
6 x Creon 25,000	6 x Nutrizym 22	15 x Creon 10,000	18 x Pancrex 8,000	48 x Pancrex 2,950	30 scoops Creon Micro	3 x 2.5ml spoon

*Please check the storage recommendations on the label  
– Some products may need refrigerating*

Taking the PERT throughout the meal rather than all at the start/middle/end improves how well it digests the food and drinks you are eating / drinking. Further information and advice is available via our website: [www.neuroendocrinecancer.org.uk](http://www.neuroendocrinecancer.org.uk) or scan QR code provided.

The Department of Health and Social Care has recommended that only 1 month's supply is issued at a time to try and regulate supplies, so you if you currently receive 2-3 months of your PERT at a time, you will need to collect your prescriptions more frequently.

We suggest you place your prescription requests 2 weeks earlier than usual to give the community pharmacist time to source your medication.

You may need a change in your repeat prescriptions if what you usually have is not available. There are three brands of PERT available currently in the UK: Creon<sup>®</sup>, Nutrizym<sup>®</sup> and Pancrex<sup>®</sup>.



Scan QR code to visit our PEI & PERT page and watch our expert dietitian video

If you need help or information about how to deal with problems getting your PERT - we would suggest contacting your dietitian if you have one, GP or specialist nurse for support with digestion and PERT.

If you are having any difficulty in getting hold of your specialist healthcare professionals, please do contact our Helpline (Open Tues-Thurs, 10am-4pm): **0800 434 6476** or use the **“Contact Us”** form on our website and we will try to help.