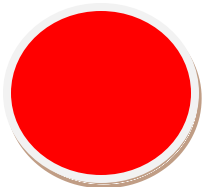


Outpatient Action Plan for Severe Acute Pancreatitis



Red Zone: **WARNING**

Are you experiencing:

- Fever greater than 101.5, regardless of any other symptoms
- Vomiting, unable to keep clear liquids down
- Significant change in nature or intensity of pain
- IF you have a drain: Fresh red blood evident in drain

If the answer to any of the above questions is “YES” we consider this the “RED” zone.

We consider this the **RED** zone and you need to be evaluated by a provider right away. Please call 206-223-2319 during business hours to arrange this.

If this is outside business hours, please go to closest emergency room.



Yellow Zone: **CAUTION**

Are you experiencing:

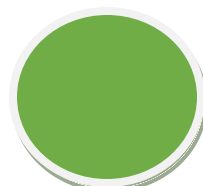
- Pain > 4-8 on 1-10 pain scale despite changing to clear liquid diet
- > 3 bowel movements a day
- Nausea and Vomiting, able to keep clear liquids down
- Oily stool that floats
- Yellowing of the whites of your eyes or skin, tea colored urine, or light/clay colored stool
- IF you have a drain: Draining less than 20cc over two days, or resistance to flushing, or leakage around sides of drain, or redness/pain around drain site

If the answer to any of the above questions is “YES” it is possible that you ARE having an Exacerbation.

We consider this the **YELLOW** zone for Severe Acute Pancreatitis and your symptoms may represent an acute flare. Please alert us by phone sharing your specific symptoms (206) 223-2319. A Medical Assistant or Nurse will respond to your message. Please start a clear liquid for 24-48 hours to decrease your symptoms.

Please call if you are worried about any other symptoms.

It is not unusual for patients to be in the **YELLOW** zone for a few days and find that their symptoms begin to improve without any intervention or with change in diet.



Green Zone: **GO**

Are you experiencing:

- Intermittent fluctuations in pain and intensity, especially with long and heavier meals
- Occasional nausea
- Occasional loose stool
- IF you have a drain: 20cc or more over two days of fluid draining

If the answer to any of the above questions is “YES” It is possible you are NOT having an Exacerbation, continue to monitor

We consider this the **GREEN** zone. No need to call unless things change.

- Your symptoms are under control
- Continue to take medications as prescribed
- Keep all physicians, lab and/or radiology appointments
- Remember that you can use small, low fat meals or clear liquid diet to manage pain

Digestive Disease Institute
206-223-2319

Patient Label