

# PERT shortage in patients who do not have Cystic Fibrosis – advice for Dietitians

Does the patient have adequate supplies?

Yes

- Explain shortages are ongoing until 2026
- Advise patient NOT to stockpile PERT
- Signpost to Position statement and if applicable to GUTS UK / NET/ Pancreatic Cancer UK websites.
- Make patients aware they may be prescribed a different brand / imported PERT
- Advise patients to use PERT as effectively as possible (e.g. spreading throughout the meal, store correctly, stock rotate to ensure none expire)
- Advise patients to put in their next prescription as soon as previous one dispensed & to ensure they check it has been authorised by their GP surgery
- Contact Customer Helplines : Creon: 0800 8086410, Nutrizym 08000 902408 to check local availability Mon-Fri 9-5
- Only dose escalate PERT in nutritionally compromised patients.
- Advise patient to call their dietitian if they have less than 2-weeks supply left

No

Do they have >1 week supply left?

Yes

As per the green box PLUS:

- Ask Drs to consider addition of PPI or H2-receptor antagonist
- Ensure on 500mg calcium and 800IU vitamin D supplement & a multivitamin and mineral (and take these with PERT)
- Ensure regular glucose monitoring in people with diabetes.
- Gradually reduce PERT dose to make supplies last longer (see Position statement for details)
- If on ONS, change to peptide/semi elemental preparation
- If diabetes present monitor BGLs closely
- Consider addition of loperamide (ensure obstructive/ infective/ inflammatory causes been ruled out first)
- Consider lowering fat intake (see Position statement)
- Advise against very high fibre diet (aim for <40g per day)
- Consider peptide ONS if weight loss
- Consider sugary snack in those without diabetes to maintain energy intake
- If on other medication – advise GP of potential for poor absorption

No

- Follow ICB guidelines to access emergency supply
- If hospital based ask doctors to issue rescue prescriptions
- Be aware malabsorptive diarrhoea can affect the uptake of other medications – especially anti-coagulation/ contraceptive pill / seizure medications – please flag to the managing clinician.
- Close monitoring for hypoglycaemia is needed for people with diabetes
- If no PERT available, issue peptide ONS in place of meals (see position statement)
- Be aware of risk of falls in vulnerable patients
- In vulnerable patients, admission and enteral feeding may be indicated

Link to Position statements: [Position Statement: Pert Shortage | Pancreatic Society of Great Britain and Ireland \(psgbi.org\)](https://www.psgbi.org/position-statements/pert-shortage).

Thank you to Emily Button, Cambridge University Hospitals for developing this flowchart.