

Faecal 1 Elastase Test

What is a faecal 1 Elastase Test ?

This is a test that measures the amount of a digestive enzyme secreted by the pancreas.

Why is this test needed ?

The test can tell us if your pancreas is producing enough digestive enzymes to help you absorb your food adequately.

How is the test carried out ?

You will need to provide a small (cherry size) sample of stool .

What will the test result show ?

If your test result shows that you are not producing enough digestive enzymes, you will need to be started on replacement digestive enzymes. These are capsules you will need to take with your food and some drinks.

If your test result is normal and shows you are producing enough digestive enzymes, you will not need to make any changes or have any new medication.

Contact us:

If you have any questions or concerns regarding this information, please contact one of our CF Dieticians:- on 0121 424 1796 (direct line with answer phone) or 0121 424 2000 Bleep 2425 or email:

joanne.barrett@heartofengland.nhs.uk, toni.osborne@heartofengland.nhs.uk, elizabeth.glennon@heartofengland.nhs.uk, rebecca.jones@heartofengland.nhs.uk

Additional Information Sources:

For more information on all aspects of living with Cystic Fibrosis you can visit the Cystic Fibrosis Trust web site at: www.cftrust.org.uk. For local news and events the West Midlands Regional Cystic Fibrosis Unit based at Heartland Hospital has its own website at: www.heartlandscf.org.uk .

This booklet was produced by CF Dieticians, West Midlands Adult CF Centre, and Heart of England NHS Foundation Trust.

Please use the space below to write down any questions you may want to ask:

