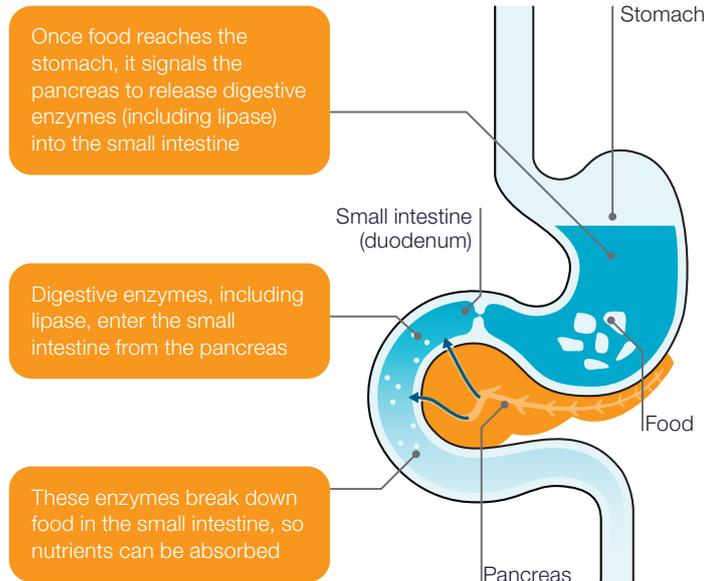


# your guide to **Creon®** (pancreatin)

## The Pancreas

The pancreas is an organ in the digestive system which produces several important hormones as well as pancreatic juice. Pancreatic juice contains digestive enzymes (including lipase) which break down the proteins, fats and carbohydrates found in food and help the body to absorb nutrients. During a meal a healthy pancreas will release about 720,000 lipase units.



## Pancreatic Exocrine Insufficiency (PEI)

When the pancreas does not produce enough enzymes, the enzymes are blocked from mixing with food, or the enzymes are not activated, the body cannot break down food sufficiently to maintain normal digestion. When this happens, important fats and nutrients cannot be extracted and absorbed from the food that we eat, and are instead passed through the body as waste. This can result in fatty, smelly and unpleasant diarrhoea (called steatorrhea). This condition is referred to as Pancreatic Exocrine Insufficiency (PEI).

## Possible effects of PEI

Short-term PEI can lead to - abdominal (tummy) pain, fatty stools, diarrhoea, tiredness, increased wind and weight loss. Long-term PEI can cause more serious conditions such as - heart problems, osteoporosis and malnutrition (which may lower life expectancy).

## Introducing Creon®

Since PEI is caused by a lack of enzymes, treatments such as Creon® (pancreatin) contain the extra enzymes the body needs. These treatments are called PERTs - Pancreatic Enzyme Replacement Therapy. Creon® should always be taken with snacks or meals because digestive enzymes are normally released from the pancreas when you eat food. Do not chew or crush your Creon® capsules, you must swallow them whole. However, you can open the capsule and sprinkle the granules onto a spoonful of soft food (e.g. yoghurt) or into acidic fruit juice (e.g. apple, orange, pineapple) and swallow the mixture straight away, without chewing.

## Staying on top of your treatment

If taken correctly, your treatment can not only help prevent the short-term effects of PEI but also the more serious and longer-term effects. Therefore it is important to continue taking Creon® at the dose recommended by your healthcare professional until they advise you to stop or change the dose.

## Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. Please report side effects with any medicine or vaccine to the medicine's regulator MHRA through the Yellow Card Scheme. It is easiest and quickest to report side effects online via the Yellow Card website: [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard) or search for MHRA Yellow Card in the Google Play or Apple App Store. Alternatively, prepaid Yellow Cards for reporting are available by writing to FREEPOST YELLOW CARD (no other address details necessary), by emailing [yellowcard@mhra.gov.uk](mailto:yellowcard@mhra.gov.uk), by telephoning the Commission on Human Medicines (CHM) free phone line: 0800-731-6789, or by downloading and printing a form from the Yellow Card section of the MHRA website. You can also report side effects direct to the marketing authorisation holder at [pv.uk@viatris.com](mailto:pv.uk@viatris.com).

### Remember

- Do not store above 25°C and keep in the original container.
- Enzymes should be stored at room temperature and do not need to be stored in the fridge.
- Do not store Creon® in warm places such as window sills, near radiators, in cars or trouser pockets.
- Also avoid mixing Creon® with hot foods or drinks.

## Creon® should be taken with meals and snacks



2 x Creon<sup>®</sup> 25000



1 x Creon<sup>®</sup> 25000



## Your dose schedule

Creon® is available in different capsule sizes; 25,000, 10,000 and Creon® Micro. The name of the capsule refers to how much lipase it contains. Below are the number of capsules your healthcare professional has decided is right for you, depending on your condition and how much fat your food contains.

	Starting dose			Titrated dose
	Creon® 25k	Creon® 10k	Creon® Micro	
Meals				
Snacks				
Takeaways/ large meals				

Date of next appointment: \_\_\_\_\_

Specialist name: \_\_\_\_\_

Contact number: \_\_\_\_\_



**Bring this to your next appointment to help your healthcare professional understand what dose you may need in the future.**