

# WELCOME TO PLANET CREON

(pancreatin)

The Creonian's Guide to Taking Creon



#### Reporting of side effects

If your child gets any side effects, talk to your doctor, pharmacist, nurse or dietitian. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at <http://www.mhra.gov.uk/yellowcard>. By reporting side effects you can help provide more information on the safety of this medicine. You should also report any side effects to Mylan UK pharmacovigilance on +44(0)8001218267 and [UKPharmacovigilance@mylan.com](mailto:UKPharmacovigilance@mylan.com).

**Creon**

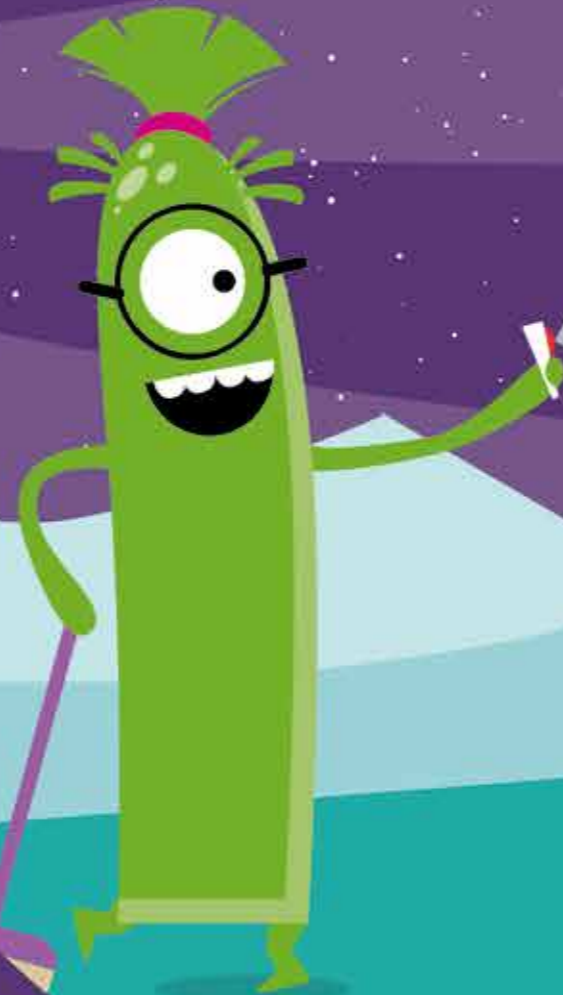
[www.creon.co.uk/patient](http://www.creon.co.uk/patient)

**Mylan**  
Seeing  
is believing

# A Crash Course in Creon

Inside this book you'll find lots of interesting stuff about your medicine, Creon: how to take it, when to take it, and why you need to bother.

You'll also find out a bit about Planet Creon and the planet's residents, the Creonians, who are here to share their Creon knowledge. Let's meet them.



## Amnesio

The most naturally forgetful of all the Creonians, he has developed various skills to help him remember stuff.



## Quantos

This little tribe of Creonians contain different amounts of the enzymes that are inside capsules of Creon. At different times, you'll probably find yourself hanging out with different Quantos.



## Rekky

Rekky is a bit of a stickler. She loves making notes about everything she does. She's probably even making a note about being in this book.



## Robustia

One of the healthiest of all Creonians, Robustia always makes sure she is taking the right amount of Creon to help her stay in tip-top condition.



## Shelfa

Shelfa's home is the tidiest place on the whole of Planet Creon. She stores everything away, and never forgets where she has put something.



## E-Moto

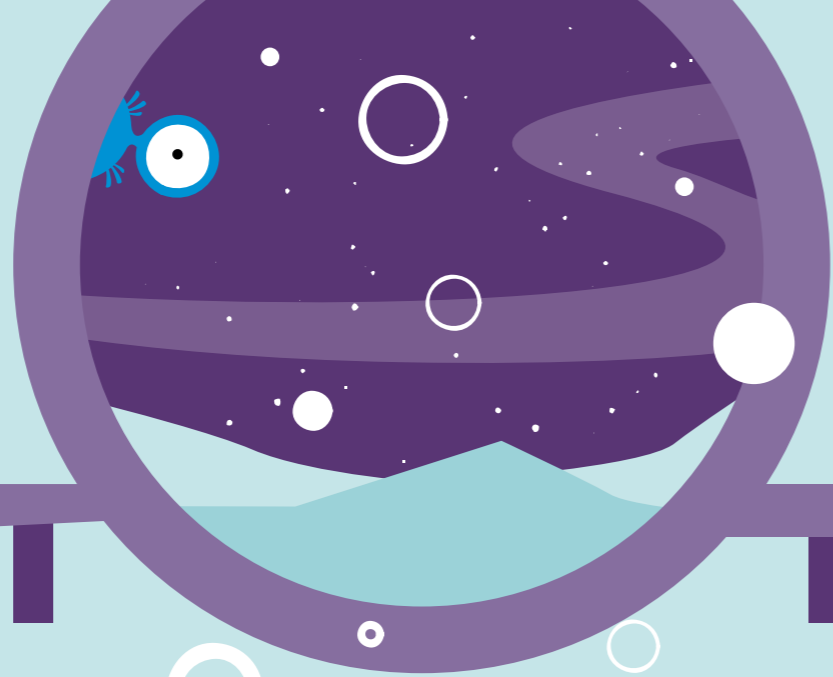
Some people find it difficult to talk about their problems, but not E-Moto. He loves it. He has extra-long arms for giving hugs, and extra-big ears for listening.



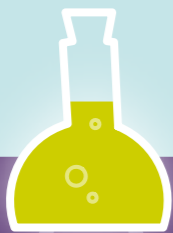
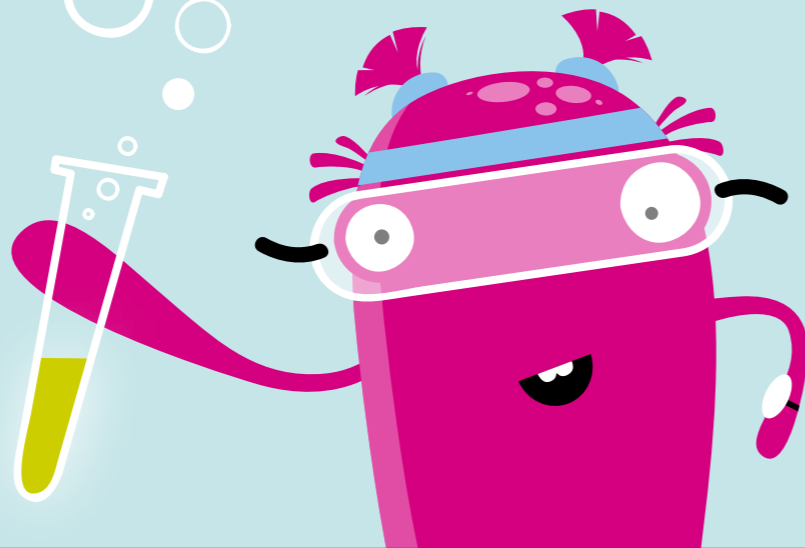
# What is Creon, anyway?

**FACTOID:** Creon capsules are made up of 'micro-pancreo-enzyme-containing' granules. These have the cool name 'minimicrospheres' ('mini-my-kros-feers') and took scientists a long time to make just right.

In every capsule of Creon, there are thousands of tiny ('micro') granules. And inside each tiny granule, there is a mixture of substances ('enzymes'). These help your body to break down the food inside you.



"When you have Cystic Fibrosis sometimes it can stop your tummy working properly and it might need some help to do its job. Look at the next page to find out more!"



## Why do I need to take it?

The pancreas (pan-kree-us) is a gland in your body that sits just under your stomach. Glands are important organs, just like your heart or lungs.

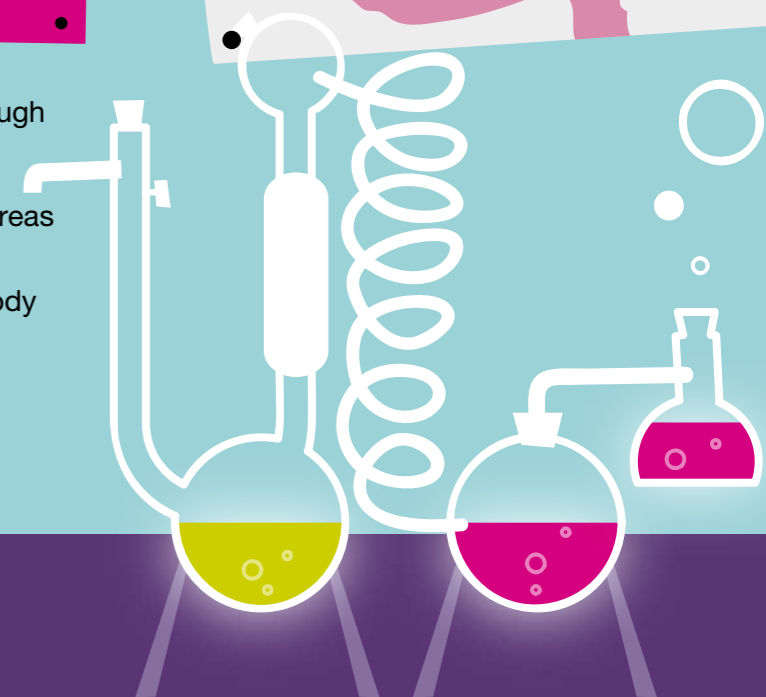
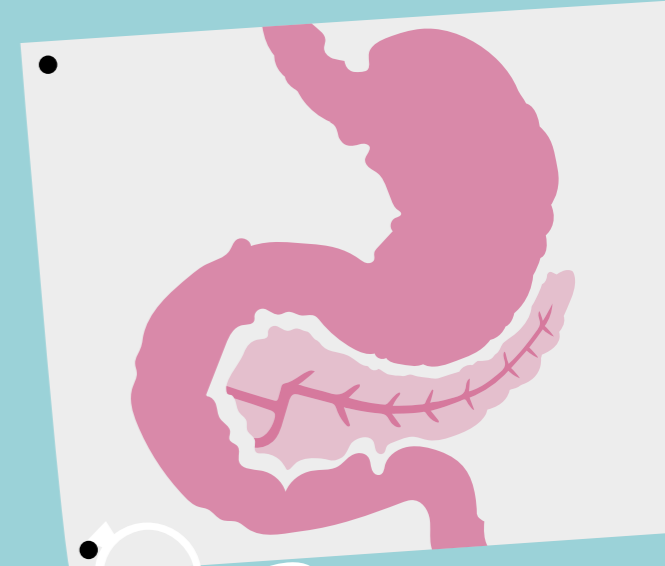
All animals with a backbone (tigers, flamingos and whales included) have a pancreas.

The pancreas makes substances called enzymes, which help your body break down food to give you the energy and nutrients you need to grow.

**FACTOID:** Some carnivorous (animal-eating) plants also make enzymes to help digest the unfortunate flies and insects that fly into their traps.

In some people the pancreas doesn't make enough enzymes, or those enzymes can't reach where they need to in order to do their job. In kids like you with cystic fibrosis, thick mucus in the pancreas stops the enzymes from doing their job.

Creon boosts the amount of enzymes in your body that digest your food, helping you to be healthy and strong.



# What happens if I don't take my Creon?

It's important you take your Creon, even if you don't feel like it. If you don't you might have nasty poo, and maybe feel tired too.

If you stop taking Creon for a long time, you might become unhealthy because your body can't get the energy and nutrients it needs.

If you forget to take your Creon, don't worry. Just take your normal number of Creon capsules when you next eat a snack or meal. Don't take extra to make up for the ones you forgot to take - it might make you feel unwell.

# How much Creon and when?

The number of Creon capsules you need to take depends on how much you're eating, and how fatty your meal is.

Say you have a hamburger and chips with a milkshake for lunch on Monday, and some tomato pasta with an apple juice the next day. You will probably need to take more Creon on Monday (when eating the fatter hamburger) than on Tuesday. But don't worry, you won't have to figure this out yourself, your doctor, nurse or dietitian will help you.

The planets are for your doctor, nurse or dietitian to write how many Creon capsules you should take with certain meals. If you eat lots of different meals, your doctor, nurse or dietitian might ask you what you like to eat and then write these meals below with the amount of Creon you'll need.



**i Parents' information**

Creon comes in three different strengths. The name of the Creon capsule refers to how much enzyme it contains. Your child will typically be taking Creon 10,000, but be sure to refer to the dosing schedule provided by your child's doctor, nurse or dietitian.

"I tie a knot in one of my tentacles to remind myself to take my medicine. What's a fun way for you to remember?"

When I eat fatty foods like pizza I need to take.....(number) of..... Creons

When I eat breakfast I need to take .....(number) of..... Creons

I like to eat..... and I need to take .....(number) of..... Creons

When I eat snacks I need to take ..... (number) of..... Creons

I like to eat..... and I need to take .....(number) of..... Creons

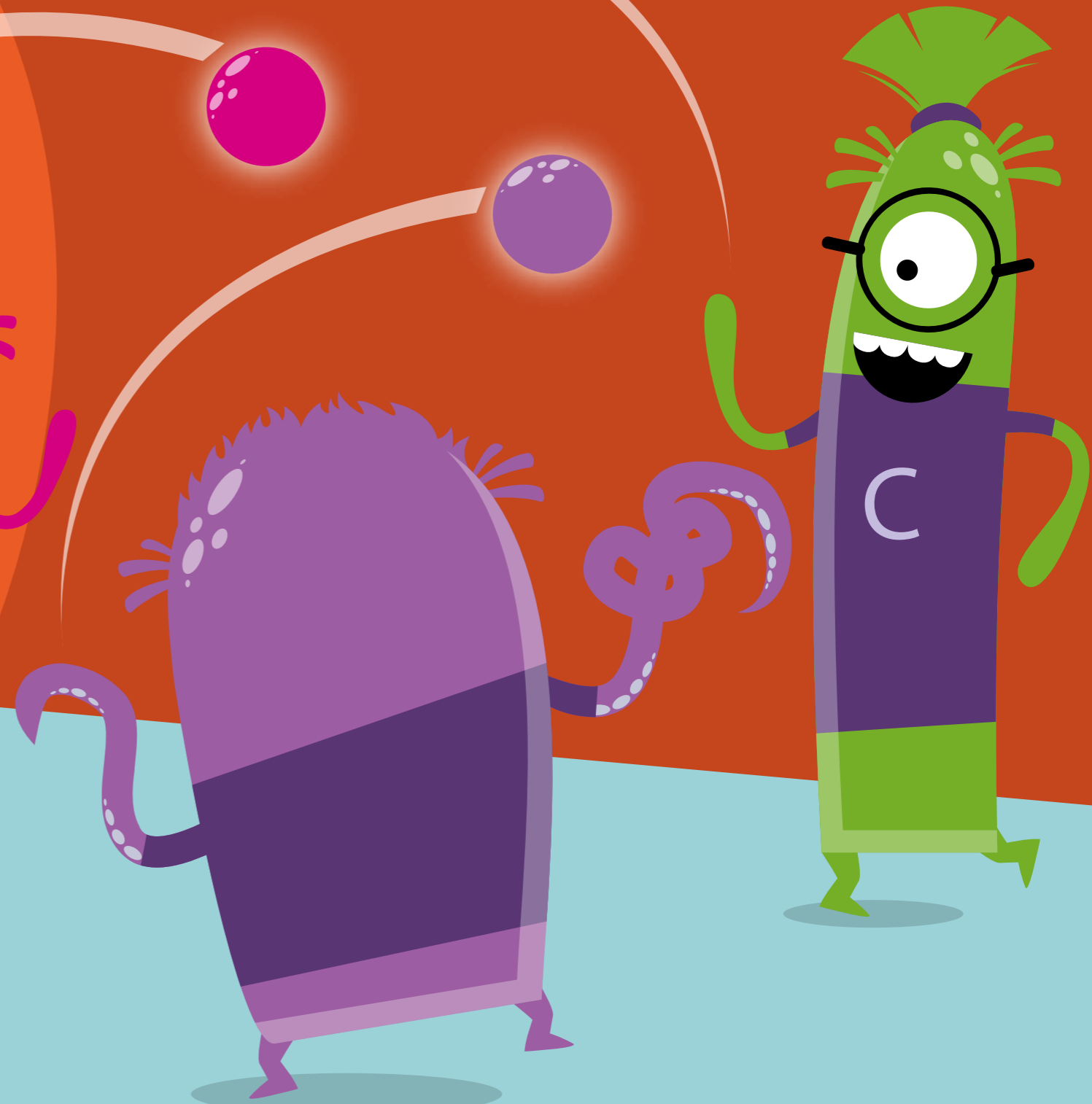
# How do I take Creon?

You should swallow your Creon capsules whole with water with each meal. If you have trouble swallowing them, you can open the capsules up and sprinkle them on your food before eating it. You can only sprinkle the capsules on certain types of food. Your doctor, nurse or dietitian will let you know what these food types are. Remember not to crush or chew the granules as this will damage them.

# Taking Creon at activities and clubs

At Brownies, Cubs or similar groups your leader may be able to look after some Creon for you, just in case you have something to eat at your meetings.

If you're taking part in an activity it's a good idea to ask your group leader to keep your Creon safe for you. They can also help you to remember to take your Creon, as you might forget in all the excitement!



## What if I feel unwell after taking a normal dose of Creon?

Not everyone has them, but when you take Creon you might get some side effects. You might get a sore stomach, feel sick or throw up, have diarrhoea (runny poo) or constipation (finding it hard to poo, or not doing a poo very often). Tell your parents, teacher or doctor if you feel any of these things after taking Creon.

Although it's very unlikely (this only happens to a tiny amount of people), you might have an allergic reaction. If you do, you should tell the school nurse or an adult straight away. Signs to look out for are trouble swallowing or breathing, swelling (in your face, throat, hands or feet) or a bad rash (that might be red, bumpy and itchy).

"It's meant to help you feel better, but if you do feel a bit under the weather after taking your Creon, make sure you tell your parents, teacher or doctor all about it - then they can help you start to feel better again!"

# Taking Creon at School - Tips & Tricks

## 1. Storing your Creon

It's a good idea to measure out your Creon capsules for the day before you go to school.

There's likely to be lots of kids at school who need to take special medicine and your school will probably have a special way to keep medicines for when they are needed. It might be a good idea to get your parents, nurse or dietitian to talk to your school so they know how to look after your Creons for when you need them.



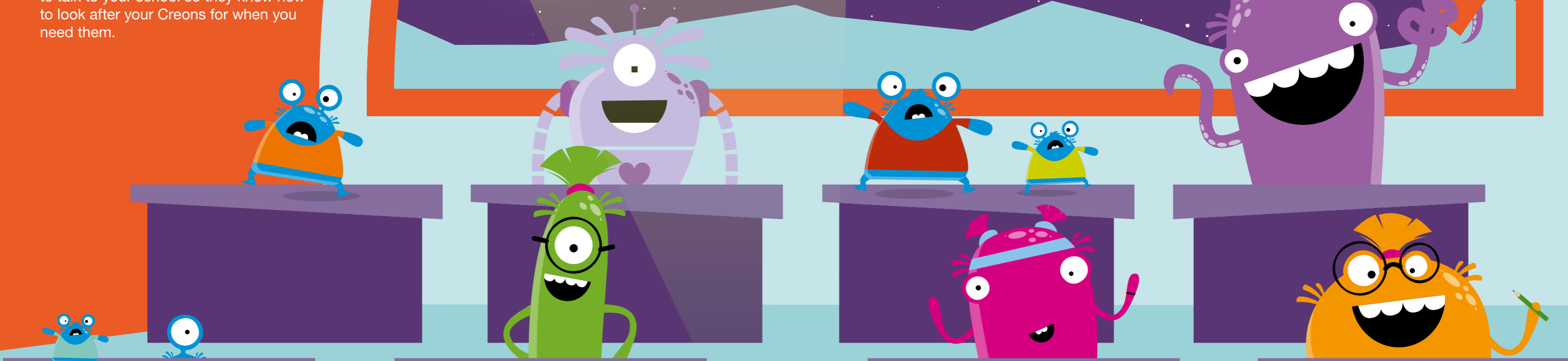
## 2. Remembering to take your Creon

Where do you write down important things you need to remember? There's lots of ways you can set reminders for yourself to take your Creons. Just think of something you look at or would notice every day.

Your teacher is also a good person to help you with this sort of thing. Some teachers might like to check your lunch box and how many Creon capsules you've taken with your lunch, just to make sure you've had the right amount.

## 3. Going to the toilet

You can ask your school if they can let you go to the toilet when you need to. You may be able to ask for a special card to allow you to go to the toilet if you need to.



**i Parents' information**

It's a good idea to let your child's teacher and school know about their Creon. The school may have its own policies in place to help your child take Creon safely and comfortably whilst in school.

**i Parents' information**

If your child is having school dinners, a menu may be available the week before so you can instruct the school how much Creon your child needs to take.

**i Parents' information**

When your child first starts taking their Creon to school, see if you can arrange for their teacher to check your child's lunch box and how many Creons they've taken with each meal for the first couple of weeks or months.

# Your thoughts and feelings

Taking capsules at school can be embarrassing, but try not to let it get you down. Once your friends and schoolmates get used to it, they will understand that taking Creon is just something you need to do to stay healthy.

If you feel stressed or worried about anything, talk to your parents or teacher about how you're feeling.

**You don't need to keep Creon a secret from your friends. If they ask you why you need to take it, you can tell them that your tummy needs a bit of extra help to bash up the food you eat.**

## Parents' information

Need some more advice? These people could help...

**Cystic  
Fibrosis Trust**

[www.cysticfibrosis.org.uk](http://www.cysticfibrosis.org.uk)

The Cystic Fibrosis Trust can provide advice and support for those caring for children with cystic fibrosis.

N.B. Mylan do not own the content of this website.