

A parent's
guide to 
Creon[®]
(pancreatin)



Seeing
is believing

www.creon.co.uk/patient

CRE-2016-0146
Date of preparation: March 2017

What's inside

Your child has been prescribed Creon® (pancreatin).

This booklet will help you understand exactly what it is, how it works and why your child needs to take it.

After reading this booklet, if you have any specific questions about your child's medicine, your doctor, nurse, dietitian or other healthcare professional will be happy to help.

What is Creon?

Creon contains a combination of digestive enzymes that are taken with meals to help the body digest food. It contains lipases which break down fats, proteases which break down protein, and amylases which break down carbohydrates.

Why does my child need Creon?

In some people, the pancreas does not produce enough digestive enzymes to process food sufficiently. In cystic fibrosis, the enzymes cannot get from the pancreas to the small intestine where food is broken down. It's at times like this when 'replacement enzymes' are normally prescribed to help the body break down proteins, fats and carbohydrates which allow it to absorb nutrients.

What is Pancreatic Exocrine Insufficiency (PEI)?

This is the medical name used to describe this deficiency of digestive enzymes.

During a meal, a healthy pancreas will release thousands of lipase units, a type of digestive enzyme. When the pancreas produces less than 10% of the normal amount of lipase units (which breaks down fats) the body cannot break down enough fat to maintain normal digestion. However, in children with cystic fibrosis, thick mucus prevents the enzymes travelling from the pancreas to the small intestine, where they normally become active and break down food.

When this happens, important fats and nutrients cannot be extracted and absorbed from the food that we eat. These are instead passed through the body as waste, resulting in fatty, smelly and unpleasant diarrhoea.

This condition is referred to as Pancreatic Exocrine Insufficiency (PEI).

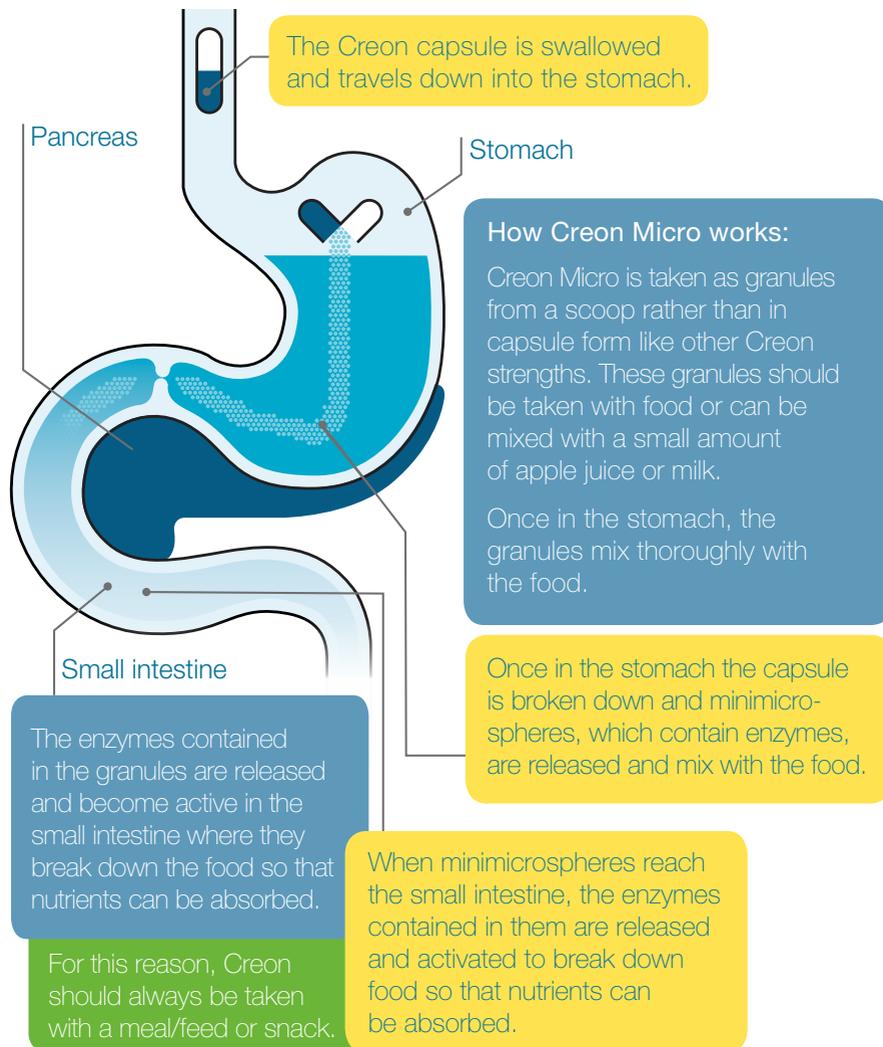
What are the symptoms of Pancreatic Exocrine Insufficiency (PEI)?

In the short-term, symptoms can include weight loss, fatty stools, diarrhoea and tiredness.

In the long-term, not being able to gain enough nutrients from food may result in more serious effects, such as malnutrition (which can lower life expectancy).

Pancreatic Enzyme Replacement Therapies (PERTs) like Creon can help to replace the missing enzymes so the body is able to process food and absorb the nutrients it requires.

How does Creon work?



If you are giving Creon to your baby or toddler, your healthcare professional may advise you on how to administer it by opening the capsule and sprinkling the granules onto the first mouthful of an appropriate food. Alternatively, you may have been prescribed granules not in a capsule. This is called Creon Micro.

When and how should I give my child Creon?

Creon should be taken with each meal/feed or snack.

Older children

If your child is old enough, they should swallow the capsules with water with each meal, being careful not to chew or crush the capsules.

Young and weaned infants

The Creon dose needed will depend on the size of the meal/feed or snack and its fat content. Always follow your doctor's, nurse's or dietitian's advice on how much Creon to take.

Some healthcare professionals may recommend giving Creon Micro to your child with fruit purée, fruit juice or milk.

Information specifically for your baby or infant

The space below is for your healthcare professional to write specific advice on how to give Creon or Creon Micro to your baby or infant.

Size of meal/feed or snack			
Creon dose or measure			
How to administer			
Any other information			

What dose should I give my child?

The Creon dose needed will depend on the size of the meal/feed or snack and its fat content.

Creon is available in different strengths;



The name of the capsule refers to how much lipase it contains and Creon Micro contains 5,000 lipase units per scoop.

As your child gets older, they may need to take more lipase and may need to take different size capsules. Your doctor, nurse or dietitian will be able to guide you on the amount and capsule that is right for your child.

Your child's dosing schedule

Ask your healthcare professional to write down the number of capsules or scoops of Creon Micro they recommend for each type of meal.

	Starting dose			Titrated dose
	Creon 25,000	Creon 10,000	Creon Micro	
Meals				
Snacks				
Takeaways/ large meals				

Some healthcare professionals recommend calculating the dose of Creon depending on the fat content of a meal.

The space above is for your healthcare professional to write advice specific to your child's needs.

Important:

- if there are any granules left on your infant's face, around their mouth, or in their gums, take care to wipe them off as sometimes the enzymes can make your baby's skin and gums sore. Take care to also wipe away any granules from other skin i.e. nipples if breast feeding
- it's important to make sure your child has enough to drink and is adequately hydrated when taking Creon
- enzymes can be damaged by high temperatures so your child should avoid taking Creon with hot drinks
- the enzymes in Creon should be stored at room temperature, and do not need to be stored in the fridge.

Warning: The enzymes in Creon are taken from pig pancreas glands. Should your child be allergic to pork or pig products, please discuss this with your healthcare professional before treating your child.

For more detailed information, please speak to your healthcare professional or refer to the Patient Information Leaflet with your child's medicine.

Where to go from here

You might wish to share this booklet with your child's school or nursery to help them understand your child's needs.

If you would like further information about Pancreatic Exocrine Insufficiency, the Cystic Fibrosis Trust may be able to help:



www.cysticfibrosis.org.uk

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

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

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.