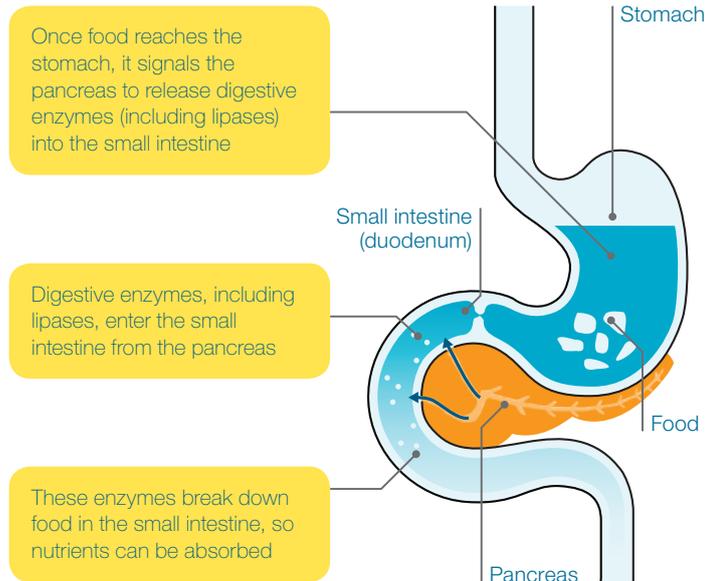


The Pancreas

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 lipases) which help the body to absorb nutrients and break down the proteins, fats and carbohydrates found in food. 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 do not become active, the body cannot break down enough food 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 Therapies.

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 eat 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.

Potential side effects

Some side effects such as constipation, diarrhoea and nausea are normal, but if you experience unusual abdominal symptoms or a change in symptoms, you should contact your doctor immediately.

Reporting of side effects

If you get 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: www.mhra.gov.uk/Yellowcard. By reporting side effects you can help provide more information on the safety of this medicine.

Remember

- Enzymes can be damaged at high temperatures.
- 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



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 25,000	Creon 10,000	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 will need in the future.