

# Creon® 10000 Gastro-resistant Capsules

(pancreatin)

**Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.**

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor, pharmacist or nurse.
- This medicine has been prescribed for you only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.
- If you get any side effects talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. See section 4.

**What is in this leaflet:**

1. What Creon is and what it is used for
2. What you need to know before you take Creon
3. How to take Creon
4. Possible side effects
5. How to store Creon
6. Contents of the pack and other information

## 1. WHAT CREON IS AND WHAT IT IS USED FOR

### What Creon is

- Creon contains an enzyme mixture called “pancreatin”.
- Pancreatin helps you digest food. The enzymes are taken from pig pancreas glands.
- Creon gastro-resistant capsules contain small pellets which slowly release the pancreatin in your gut (gastro-resistant pellets, called Minimicrospheres™).

### What Creon is used for

- Creon is used by children and adults with “pancreatic exocrine insufficiency”. This is when their pancreas gland does not make enough enzymes to digest food.

### How Creon works

The enzymes in Creon work by digesting food as it passes through the gut. You should take Creon during or immediately after a meal or a snack. This will allow the enzymes to mix thoroughly with the food.

## 2. WHAT YOU NEED TO KNOW BEFORE YOU TAKE CREON

### Do not take Creon if:

- you are allergic (hypersensitive) to pig pancreatin or to any of the other ingredients of Creon (listed in section 6).
- If you are not sure, talk to your doctor or pharmacist before taking Creon.

### Warnings and precautions

A rare bowel condition called “fibrosing colonopathy”, where your gut is narrowed, has been reported in patients with cystic fibrosis taking high dose pancreatin products. However, this is not known to have happened during studies in patients taking Creon.

However, if you have cystic fibrosis and take in excess of 10000 lipase units per kilogram per day and have unusual abdominal symptoms or changes in abdominal symptoms **tell your doctor**.

### Pregnancy, breast-feeding and fertility

- Talk to your doctor before taking this medicine if you are pregnant or might become pregnant your doctor will decide if you should take Creon and at which dose. Creon can be used while breast-feeding.

### Driving and using machines

It is unlikely that Creon will affect your ability to drive or operate tools or machines.

## 3. HOW TO TAKE CREON

Always take Creon exactly as your doctor has told you. You should check with your doctor if you are not sure.

### How much Creon to take

- Your dose is measured in ‘lipase units’. Lipase is one of the enzymes in pancreatin. Different strengths of Creon contain different amounts of lipase.
- Always follow your doctor’s advice on how much Creon to take.
- Your doctor will adjust your dose to suit you. It will depend on:
  - your illness
  - your weight
  - your diet
  - how much fat is in your stools.
- If you still have fatty stools or other stomach or gut problems (gastrointestinal symptoms), talk to your doctor as your dose may need to be adjusted.
- If your doctor advises you to increase the number of capsules you take, you should do so slowly.

### When to take Creon

Always take Creon during or immediately after a meal or a snack. This will allow the enzymes to mix thoroughly with the food and

digest it as it passes through the gut.

### How to take Creon

- Swallow the capsules whole.
- Do not crush or chew the capsules.
- If it is difficult to swallow the capsules, open them carefully and add the pellets to a small amount of soft acidic food. This could for example be applesauce. Swallow the mixture immediately, without crushing or chewing and drink some water or juice, e.g. apple, orange or pineapple juice. Or, you can also just take the pellets with liquid.
- Care should be taken that no product is retained in the mouth.
- As a general rule, drink plenty of liquid every day.

### How long to take Creon for

Take Creon until your doctor tells you to stop. Many patients will need to take Creon for the rest of their lives.

### If you take more Creon than you should

If you take more Creon than you should, drink plenty of water and talk to a doctor or pharmacist.

Very high doses of pancreatin have sometimes caused too much uric acid in the urine (hyperuricosuria) and in the blood (hyperuricaemia).

### If you forget to take Creon

If you forget a dose, take your next dose at the usual time, with your next meal. Do not try to make up for the dose that you have missed.

### If you stop taking Creon

Do not stop taking Creon without first talking to your doctor.

If you have any further questions on the use of this medicine, ask your doctor, pharmacist or nurse.

## 4. POSSIBLE SIDE EFFECTS

Like all medicines, Creon can cause side effects, although not everybody gets them. The following side effects were seen during studies in patients taking Creon. These side effects may happen with this medicine:

### Very Common (may affect more than 1 in 10 people)

- pain in your stomach (abdomen).

### Common (may affect less than 1 in 10 people)

- feeling sick (nausea)
- being sick (vomiting)
- constipation
- bloating (abdominal distention)
- diarrhoea.

These may be due to the condition you are taking Creon for. During studies, the number of patients taking Creon who had pain in their stomach or diarrhoea was similar or lower than in patients not taking Creon.

### Uncommon (may affect less than 1 in 100 people)

- rash.

Severe itching (pruritus) and hives (urticaria) have also been reported. Other serious allergic (hypersensitive) reactions may be caused by Creon. These can include trouble with breathing or swollen lips.

### 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 this leaflet. You can also report side effects directly via HPRC Pharmacovigilance, Website:

www.hpra.ie; e-mail: [medsafety@hpra.ie](mailto:medsafety@hpra.ie)

By reporting side effects you can help provide more information on the safety of this medicine.

## 5. HOW TO STORE CREON

- Keep out of the sight and reach of children.
- After first opening do not store above 25°C and use within 6 months. Keep container tightly closed in order to protect from moisture.
- Do not take Creon after the expiry date, which is stated on the pack. The expiry date refers to the last day of that month.
- Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help to protect the environment.

## 6. CONTENTS OF THE PACK AND OTHER INFORMATION

### What Creon contains

- The active ingredient in Creon is pancreatin.
- Each Creon 10000 gastro-resistant capsule contains 150 mg pancreatin corresponding to (Ph.Eur. units):
  - Amylase 8000
  - Lipase 10000
  - Protease 600
- The other ingredients are:
  - Granules: macrogol 4000, hypromellose phthalate, dimethicone, triethyl citrate, cetyl alcohol.
  - Capsule: iron oxides (E 172), titanium dioxide (E 171), sodium lauryl sulphate, gelatin.

**What Creon looks like and contents of the pack**

- The Creon 10000 gastro-resistant capsules are with brown caps and colourless, transparent bodies filled with gastro-resistant brownish granules (minimicrospheres).
- Creon is available in HDPE containers with polypropylene caps. Each container holds 100 capsules.

**Manufacturer**

Creon 10000 gastro-resistant capsules are manufactured by:  
Abbott Laboratories GmbH, 31535 Neustadt a. Rbge, Germany.


**Parallel Product Authorisation Holder:**

Procured from within the EU by the Parallel Product Authorisation Holder:  
Merit Pharmaceuticals Ltd., Unit C4/C3 Metropoint Business Park, Kettles Lane, Swords, Co. Dublin, K67 RH92, Ireland.

**Repackager:**

Repackaged by Suerte Pharma Ltd., 4/5 Northolt Trading Estate, Belvue Road, Northolt, Middlesex, UB5 5QS, UK.

**This leaflet was last revised in November 2020**

PPA23080/019/001 

Creon® is a trade mark of BGP Products Operations GmbH.

More information about cystic fibrosis and pancreatitis

You can find out more about Cystic Fibrosis from the following organisation:

The Cystic Fibrosis Association of Ireland, CF House, 24 Lower Rathmines, Dublin 6.

You can find out more about Pancreatitis from the following organisation:

Pancreatitis Supporters Network, PO Box 8938, Birmingham B13 9FW, UK.

## Blind or partially sighted?

Is this leaflet hard to see or read?

Phone Primecrown 2010 Ltd,

Tel: 01 8131010 to obtain the leaflet

in a format suitable for you.