

## Patient Information Leaflet

### Creon® Micro

Pancreatin 60.12 mg Gastro-resistant Granules

#### Important things you SHOULD know about Creon Micro

- Creon Micro is a pancreatic enzyme supplement for people whose bodies do not make enough enzymes to digest their food.
- **Give** the number of capsules prescribed by your doctor.
- **Give** Creon Micro during or immediately after a meal or a snack and provide plenty of water.
- **Do not give** Creon Micro if the patient is allergic to pork, any pig product or any of the ingredients of Creon Micro (listed in section 6).
- **If** the patient experiences **severe abdominal pain** while taking Creon Micro, contact a doctor immediately.
- Most people do not have problems taking Creon Micro but side effects can occur (see section 4).

Please read the rest of this leaflet carefully before you start giving these granules.

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask a doctor or pharmacist.
- Do not pass it on to others. It may harm them, even if their symptoms are the same.
- If any of the side effects gets serious, or if you notice any side effects not listed in this leaflet, please tell a doctor or pharmacist.
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#### 1. About Creon Micro

##### What is Creon Micro

- Creon Micro is a pancreatic enzyme supplement.
- Pancreatic enzyme supplements are used by people whose bodies do not make enough of their own enzymes to digest their food.
- Creon Micro granules contain a mixture of the natural enzymes which are used to digest food.

- The enzymes are taken from pig pancreas glands.

### **How does Creon Micro work?**

The enzymes in Creon Micro work by digesting food as it passes through the gut. So, you must give Creon Micro with a meal or a snack. This will allow the enzymes to mix thoroughly with the food.

## **2. Before you give Creon Micro**

### **Do not give Creon Micro if:**

- The patient is allergic (or hypersensitive) to pork, any pig product, or to any of the other ingredients of Creon Micro (listed in section 6).

If the above applies to the patient do not give Creon Micro. Talk to your doctor or dietician again.

### **When you need to take special care with Creon**

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.

If you have cystic fibrosis and take in excess of 10,000 lipase units per kilogram per day and have unusual abdominal symptoms or changes in abdominal symptoms **tell you doctor.**

### **Talk to the doctor if:**

- you are pregnant or trying to get pregnant (Creon Micro can be used while breast feeding)

Please tell your doctor dietician or pharmacist if you think that you should not take Creon Micro for any other reason.

### **If the patient drives or uses machinery**

It is unlikely that Creon Micro will affect the patient’s ability to drive or operate tools or machines.

### **Sodium content**

This medicine contains less than 1 mmol sodium (23 mg) per dosage unit, that is to say essentially ‘sodium-free’

## **3. How to give Creon Micro**

### **How much Creon Micro to give**

- **Always follow your doctor or dietician’s advice on how many granules to give.**
- The usual starting dose is 100 mg (one measure).
- The maximum amount you may give should not be greater than 10,000 units lipase/kg/day.
- If the doctor advises you to increase the dose you give, you should do so slowly.  
If the patient still has fatty stools or abdominal pain, talk to the doctor or dietician.

### **When to give Creon Micro**

- Always give Creon Micro during or immediately after eating a meal or a snack and drink plenty of water (see section 1).

### **How to take Creon Micro**

- Mix the granules (without crushing) with acidic liquid (e.g. apple, orange or pineapple juice) or soft food (e.g. apple sauce or yoghurt).
- Swallow the mixture straight away, without chewing.
- Drink plenty of liquid every day.
- Mixing with non-acidic food or liquid, crushing or chewing of the pellets may cause irritation in your mouth or change the way Creon Micro works in your body.

- Do not hold Creon Micro in your mouth.
- Do not store the mixture.

#### **How to give Creon Micro to babies and infants**

- Mix the granules (without crushing) with a small amount of apple juice and give from a spoon directly before the feed.
- Alternatively mix the granules on a spoon (without crushing) with a small amount of baby's usual milk and give to the infant immediately. Do not add the granules to the baby's bottle.
- Make sure the infant swallows all the granules immediately and none are left in the mouth.
- Provide plenty of liquid every day.
- Mixing with non-acidic food or liquid, crushing or chewing of the pellets may cause irritation in your mouth or change the way Creon Micro works in your body.
- Do not hold Creon Micro in your mouth.
- Do not store the mixture.

#### **Weaned infants**

- Mix the granules (without crushing) with acidic liquid (e.g. apple, orange or pineapple juice) or soft food (e.g. apple sauce or yoghurt).
- Alternatively mix the granules on a spoon (without crushing) with a small amount of baby's usual milk and give to the infant immediately. Do not add the granules to the baby's bottle.
- Make sure the infant swallows all the granules immediately and none are left in the mouth.
- Provide plenty of liquid every day.
- Mixing with non-acidic food or liquid, crushing or chewing of the pellets may cause irritation in your mouth or change the way Creon Micro works in your body.
- Do not hold Creon Micro in your mouth.
- Do not store the mixture.

#### **How long to give Creon Micro**

You should keep giving the medicine until your doctor tells you to stop. Many patients will need to take pancreatic enzyme supplements for the rest of their lives.

#### **If you give too much Creon Micro**

If you give the patient too much Creon Micro, he/she should drink plenty of water and see your doctor immediately.

#### **If you forget a dose**

If you forget to give the medicine, wait until the next meal and give the usual dose. Do not try to make up for the dose that you have missed. **Just give the next dose at the usual time.**

#### **4. Possible side effects**

Like all medicines, Creon Micro can cause side effects (unwanted effects or reactions), but not everyone gets them.

**If the patient has severe or long-lasting abdominal pain, contact the doctor immediately.**

If you notice any **unusual abdominal symptoms** while taking Creon Micro – contact the doctor.

#### **Very common side effects (affect more than 1 in 10 patients):**

- stomach pains

#### **Common side effects (affect 1-10 patients of 100):**

- diarrhoea
- constipation

- feeling or being sick
- bloating

**Uncommon side effects (affect 1-10 patients of 1000):**

- Skin reaction, such as a rash.

During use, some patients have also experienced the following, the frequency of which is unknown:

- itching with or without a rash
- allergic reactions (which may be severe)
- severe or long-lasting abdominal pain (Fibrosing colonopathy).

At extremely high doses, some patients have had high levels of uric acid in their blood and urine.

**Reporting of side effects**

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible effects not listed in this leaflet. You can also report side effects directly via the national reporting system listed below.

**In the UK:**

The Yellow Card Scheme at:

[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

**5. How to store Creon Micro**

**How and where to keep the medicine**

**Keep this medicine out of the sight and reach of children.**

Keep all medicines where children cannot reach or see them, preferably locked in a cupboard or medicine cabinet.

Do not store above 25°C and keep in the original container. Keep the container tightly closed. The enzymes in Creon Micro are natural products and their ability to digest food decreases over time. If the container is left in warm conditions (e.g. the glove compartment of a car), the digestive activity decreases faster.

Do not give Creon Micro capsules after the expiry date on the bottle. Once opened, use within 3 months.

Return all unused medicine to your pharmacist.

**6. Further information**

**The ingredients in Creon Micro**

The active ingredient in Creon Micro is pancreatin.

Each scoop contains 100 mg. One measure of 100 mg contains gastro-resistant granules of pancreatin equivalent to the following list of enzymes:

List of Enzymes (PhEur units per capsule)

Lipase	5,000
Amylase	3,600
Protease	200

The granules are coated with a mixture of the following ingredients: macrogol 4000, hypromellose phthalate, dimeticone, triethyl citrate and cetyl alcohol.  
Each container contains about 200 measures.

The Marketing Authorisation Holder is:  
Mylan Products Ltd,  
20 Station Close, Potters Bar,  
Herts, EN6 1TL, UK.

The Manufacturer is:  
Abbott Laboratories GmbH,  
31535 Neustadt a. Rbge, Germany.

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