



CREON, MADE SIMPLE

A patient guide to replacing pancreatic enzymes with every meal and snack

1	2	3	4	5	6
Take it with food	Know your meal and snack doses	Swallow capsules whole	If you cannot swallow it	Do not switch products yourself	Report persistent symptoms
Take the prescribed dose during every meal and snack so the enzymes arrive with the food they need to digest.	Your snack dose may differ from your meal dose. Follow the lipase-unit strength and capsule count on your newest label.	Do not crush or chew the capsule or beads. This can damage the delayed-release coating and irritate the mouth.	Only if instructed, open the capsule and sprinkle the beads on a small amount of acidic soft food. Swallow immediately without chewing.	Pancreatic enzyme products are not automatically interchangeable. Ask before changing brands or strengths.	Oily stools, diarrhea, weight loss, constipation, or pain may mean the dose, timing, or diet needs review.

HOW TO TAKE CREON CORRECTLY

With every meal and snack Start Creon with the first bites of food and take the full prescribed dose during the meal or snack. If a meal lasts a long time or the dose includes several capsules, your clinician may tell you to divide the capsules across the meal. Do not take it on an empty stomach unless specifically instructed.	Opening a capsule If your care team says it is appropriate, open the capsule and sprinkle the intact beads onto a small amount of acidic soft food such as applesauce. Swallow immediately, do not chew, and follow with water or juice. Do not store the mixture or mix beads directly into infant formula or breast milk.
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GET HELP PROMPTLY FOR • Severe or worsening abdominal pain, repeated vomiting, marked bloating, or inability to pass stool or gas • Trouble swallowing, choking, mouth sores, or beads that were crushed or chewed • Hives, facial or throat swelling, wheezing, or trouble breathing • Persistent oily stools, diarrhea, weight loss, poor growth, or symptoms that do not improve despite correct use	IMPORTANT DAILY REMINDERS • Take Creon with every prescribed meal and snack. • Count the exact capsule strength and number; do not dose by capsule count alone when strengths change. • Do not crush, chew, or hold the beads in your mouth. • Keep follow-up appointments for weight, nutrition, stool symptoms, and dose adjustment. • Tell Fairview about gout, high uric acid, bowel surgery, bowel narrowing, pork allergy, pregnancy, and breastfeeding.
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HOW FAIRVIEW HELPS • Reviews the exact dose, timing, and preparation instructions. • Checks interactions with prescriptions, over-the-counter medicines, vitamins, and supplements. • Tracks refill timing and helps coordinate laboratory monitoring and cost support.
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MY CREON GUIDE

pancrelipase delayed-release capsules • simplified refrigerator reference

MY PERSONAL PLAN

My capsule strength/lipase units:

Capsules with meals:

Capsules with snacks:

Special instructions for long meals:

Next nutrition/GI follow-up:

Questions? Fairview Pharmacy • 601-544-4871

THE RULE I SHOULD REMEMBER

Creon only works when it is taken with food. Take the prescribed meal or snack dose with the first bites, swallow the beads intact, and do not switch strengths or products on your own.

CALL THE PHARMACY OR CARE TEAM FOR

- Severe or worsening abdominal pain, repeated vomiting, marked bloating, or inability to pass stool or gas
- Trouble swallowing, choking, mouth sores, or beads that were crushed or chewed
- Hives, facial or throat swelling, wheezing, or trouble breathing
- Persistent oily stools, diarrhea, weight loss, poor growth, or symptoms that do not improve despite correct use

- Take Creon with every prescribed meal and snack.
- Count the exact capsule strength and number; do not dose by capsule count alone when strengths change.
- Do not crush, chew, or hold the beads in your mouth.
- Keep follow-up appointments for weight, nutrition, stool symptoms, and dose adjustment.

KEEP THIS WITH YOUR MEDICINES

This guide supports - but does not replace - the individualized instructions on your prescription label and from your gastroenterology team, prescriber, or pharmacist.

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