FAIRVIEW PHARMACY — EST. 1978

Taking Creon safely

pancrelipase · digestive enzymes · exocrine pancreatic insufficiency

3 MISTAKES TO AVOID

1. **Crushing, chewing, or holding it in your mouth**
   Swallow whole, or sprinkle on acidic soft food — never into milk.
2. **Guessing the snack dose**
   A snack is about half of your meal dose; never exceed your total daily dose.
3. **Storing it wrong, or doubling a missed dose**
   Keep it dry and cool; if you miss a dose, just take it with your next meal.

How to take it

- Take Creon with every meal and snack. Swallow capsules whole with enough liquid.
- Can't swallow? Open the capsule and sprinkle the beads on a small amount of acidic soft food (applesauce, banana, plain yogurt). **Never** milk.
- **Never** crush, chew, or hold the beads in your mouth — this can irritate your mouth and stop the medicine from working.

Dosing

- A snack is about **half** of your meal dose. Never go above your total daily dose, and never substitute another enzyme product for Creon.

Missed a dose?

- Just take your usual number with your next meal or snack. Never double up.

IMPORTANT
Allergic to pork? Creon is made from pig pancreas — tell your doctor before you start.

Call your doctor right away if you notice

- Ongoing belly pain, bloating, or trouble passing stool
- New nausea, vomiting, or diarrhea
- Joint pain, stiffness, redness, or swelling (if you have gout or kidney disease)

EMERGENCY: CALL 911
Trouble breathing, a rash, swollen lips, or itching: stop Creon and get medical help right away.

Storage

Keep Creon in its original, tightly closed bottle at 59°F to 77°F and away from moisture. If the capsules or inside of the bottle get damp or wet, do not use them. Throw away the affected medicine and ask your pharmacy for a replacement. If it only got warm, ask your pharmacist before using it.

Questions? Ask Dr. Mike at fairviewpharm.com/medications

Leave a message: 601-640-4671 · 500 Katie Ave, Hattiesburg, MS

Medically reviewed by Dr. Mike Acheampong, Pharmacist, Fairview Pharmacy · October 2026

This handout is for education only and is not medical advice. Talk with your doctor or pharmacist about your medicines.
Source: FDA prescribing information and Medication Guide for CREON (rev. 2/2024). CREON is a trademark.

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