

Additional Treatments

It is often recommended that in addition to Creon you also take a prescribed vitamin and trace element supplement long term.

It is important that the levels of fat soluble vitamins and trace elements are checked with a blood test, once a year. Too much vitamins or trace elements can be just as bad as too little. A discussion with a dietician can help decide which supplements are suitable for you.

South Wales Neuroendocrine Tumour Service



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**Questions about Exocrine
Pancreatic Insufficiency and
Taking Pancreatic Enzyme
Supplements**

Are there any Side Effects or Can I Take Too Much?

It is not possible to take too much Creon. Any supplement enzymes that your body doesn't need for digestion travels through the bowel and is excreted when you open your bowels.

Side effects are minimal but can include:

- Nausea/vomiting
- Abdominal discomfort or upset
- Itching or pain around the anus (when taken in very high doses)
- Allergic reaction

How do I Take Creon?

- Take every time you eat or drink anything except black tea, black coffee or water
- Take with every snack, however small
- Take with all meals
- Take your Creon with the first mouthful of your food/drink

- Do not take with very hot food or liquids as excessive heat can inactivate the enzymes
- Do not drink a whole glass of water with the tablets as this will flush them through your system too quickly.
- If the Creon is not working as it should the capsules should be opened and sprinkled on soft food (eg: mashed potato) to improve their action. However, do not chew the granules. Occasionally this can cause a sore mouth.
- If you forget to take Creon, wait until your next meal and take your usually number of capsules.

You Should Not...

- Take the capsules without food as they will not have a useful effect
- Chew or crush the capsules or granules as this will destroy the enzymes

What Should I Eat

You do not normally need to change your diet. You should follow a balanced healthy diet. If you are underweight it is important to eat plenty of foods high in energy to help you gain weight – just take enough of your enzyme supplements with your meals so that your food is digested properly.

What Happens if I Don't Take Creon?

It can be difficult taking Creon with every meal but if you do not take them your symptoms will continue and can become worse. Over time, without pancreatic enzymes you will not absorb some important vitamins that your body needs (particularly the fat soluble vitamins: A, D and E, and micronutrients also known as trace elements (such as copper, selenium and zinc). Without these, you will continue to lose weight and your general health overall will be effected.

