

PATIENT DIARY



Personal information

Name

Address

Telephone

Mobile

Emergency contact

Name

Telephone

Mobile

What is this diary for?

You have been prescribed Creon® (pancreatic extract) by your doctor for the treatment of pancreatic exocrine insufficiency (PEI).

This diary is designed to help you monitor your PEI symptoms so that you can achieve (and maintain) the best results from your Creon medication.

What is Pancreatic Exocrine Insufficiency?

Pancreatic exocrine insufficiency (PEI) is a condition in which your body is unable to digest food properly. Normally, digestive enzymes from the pancreas break food down so that essential nutrients can be absorbed in the gut. This process is impaired in PEI however and can lead to malnutrition and other symptoms.

If left untreated PEI symptoms can affect your quality of life and malnutrition can have long term health implications. The supplementation of pancreatic enzymes, using Creon, helps restore the normal digestive action in your body to relieve abdominal symptoms and improve your nutritional status.

A number of different patient groups can develop PEI, including people with cystic fibrosis, chronic pancreatitis, or patients who have had upper gastrointestinal surgery.

Symptoms of Pancreatic Exocrine Insufficiency

Living with the symptoms of PEI can affect your quality of life and may cause you to lead a less enjoyable life than you are used to.

People with a deficiency of pancreatic enzymes often suffer with symptoms of diarrhoea, steatorrhoea (foul-smelling, fatty stools which float in the toilet), bloating and weight loss from malnutrition.

For further information on Pancreatic Exocrine Insufficiency visit: www.thinkpei.com.au



How to take Creon



Every meal

Your doctor will let you know how much Creon you need to take during each meal.



Every snack

Usually, half of your prescribed Creon dose should be taken each snack.



Every day

It's important that you take Creon every time you eat, every day of the week.

Remember to take Creon as prescribed during every meal and snack

- Creon will not work properly if it is not taken with your food, so if you miss your dose of Creon – remember to take your usual number of capsules during your next meal. Do not take a double dose to make up for the dose you have missed.
- Swallow the capsules whole with a full glass of water or, if you prefer, open the capsules and mix the granules with soft food. When you are taking

Creon capsules, it is important to make sure that you drink plenty of liquid every day. If you mix the granules with food, it is important to swallow the mixture straight away, without chewing. Care should be taken to ensure no product is retained in the mouth. Do not crush or chew the capsules.

Remember to take Creon with you on the go

- Plan ahead by keeping Creon in your purse, backpack or at your work desk. Remember to store Creon in a cool, dry place.

Managing your diet

Some people with PEI avoid eating fats on a daily basis as they may have found it to exacerbate their symptoms. However, with the use of Creon you will be able to relax your food rules and slowly reintroduce fat into your diet, if you have been avoiding it. It is very important that you eat a healthy, balanced diet to ensure that you are not missing out on essential fat-soluble vitamins and other valuable nutrients.

If you have PEI, it may be better to eat smaller, more frequent meals and snacks, as large meals may not appeal to someone with PEI symptoms. Provided you take Creon with every meal and every snack, as your doctor has prescribed, a balanced diet should allow you to achieve optimal nutrition and symptom management.

If you are still experiencing stomach or bowel problems, including:

- diarrhoea
- constipation
- abnormal stools
- abdominal discomfort
- nausea
- skin reactions

Please contact your healthcare professional as they may need to adjust your dose of Creon.

What the experts say:

Many people who take Creon will experience improvements in PEI related abdominal problems, weight loss and malnutrition. You may experience improvements in the following:

- Malnutrition associated with PEI,
- Weight loss due to PEI, and
- Gastrointestinal symptoms of PEI

Follow your doctor's instructions carefully and do not stop taking the capsules unless told to do so by your doctor. Call your doctor straight away if you are still having problems with fatty stools or abdominal pain while you are taking Creon capsules.



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Creon dose per meal							
Snacks per day							
Creon dose per snack							

If you are still experiencing stomach or bowel problems, including:

- diarrhoea
- constipation
- abnormal stools
- abdominal discomfort
- nausea
- skin reactions

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How did you feel this week? (Provide more details you have given from the table above)

This diary is designed to help you monitor your pancreatic exocrine insufficiency (PEI) symptoms so you can achieve (and maintain) the best results from your Creon medication.

Each week fill in the table below to assist with monitoring your symptoms. At your next appointment, share the results with your healthcare professional and discuss how your current treatment plan is going. Your doctor may decide to adjust your dose based on your symptoms, your diet, and other factors.

Start date:

Day	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Creon taken today (tick if taken)							
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Type of stool (see Bristol Stool chart)							
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This diary is an educational resource for people taking Creon. It is not designed to replace the advice of your healthcare professional. Please also refer to the Creon Consumer Medicine Information which is available from your doctor or pharmacist and at <https://www.ebs.tga.gov.au/ebs/picmi/picmirepository.nsf/pdf?OpenAgent&id=CP-2011-CMI-02785-3>. Please consult your doctor if you have any further questions about your condition or the benefits and risks of Creon.

For more information and resources to manage your PEI, scan the QR code or visit www.thinkpei.com.au



Reference: 1. Creon® Consumer Medicine Information.
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