

Cystic Fibrosis Information for Newly Diagnosed Infants



CREON® 10,000

Giving Pancreatic Enzymes

Your baby will be prescribed Creon capsules, which contain small granules of pancreatic enzymes, to help your baby digest their milk feeds.

The granules from inside the Creon capsule are mixed with apple puree, which is slightly acidic, as the enzymes need to be released in the small intestine rather than in the stomach.

The amount of Creon to be given to your baby will be determined by your healthcare team and dietitian. The usual dose is either $\frac{1}{4}$ or $\frac{1}{2}$ Creon capsule before each feed.

Creon only works for about 30 minutes, so once you have given the Creon / apple puree mixture you need to start feeding straight away. If your baby feeds for longer than 20 – 30 minutes, you might be advised to give some of the Creon at the start of the feed and some part way through or at the end of the feed. You can discuss this with your healthcare team.

Dose (to be completed by healthcare team)

Your baby's plan: _____

Times / Frequency of feeds: _____

Instructions for mixing Creon with apple puree

1. Open the capsule of Creon and mix all the granules inside the capsule with 1 teaspoon of apple puree.
2. If you are giving $\frac{1}{2}$ capsule divide this mixture in half ($\frac{1}{2}$ teaspoon). If giving $\frac{1}{4}$ capsule divide the $\frac{1}{2}$ teaspoon in half again ($\frac{1}{4}$ teaspoon)
3. Give either the half teaspoon or quarter teaspoon of Creon and apple puree mix immediately before your feed. Use a soft baby teaspoon
4. Discard the left over mixture



After feeds

- Wipe baby's mouth and check inside the mouth to remove any remaining granules
- If breast feeding check nipple for enzymes and wipe away from skin

Always make a fresh dose of Creon and apple puree for each feed

Dietitian: _____

Mobile: _____

Date: _____