

# PANCREATIN

*pan-kree-a-tin*

## What does it do?

*Pancreatin* helps food digestion by replacing the enzymes usually made by the pancreas.

## Before you start

- Tell your doctor if you are allergic to pork, have stomach or bowel problems, or have had kidney stones or pancreatitis.
- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.

## How should you take it?

Take *pancreatin* as directed with each meal or snack, and a glass of water. You can swallow the capsules whole, or open and sprinkle the beads on soft foods. Do NOT crush or chew the beads.

## What if you forget a dose?

Should an occasional dose be missed it need not be taken later.

## Can you take other medicines?

Some medicines available without a prescription may react with *pancreatin* including:

- antacids (e.g. Mylanta®) - do not take these within two hours of taking *pancreatin*.

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products or recreational drugs.

## What side effects might you notice?

| Side Effects                                                                | Recommended action              |
|-----------------------------------------------------------------------------|---------------------------------|
| Skin rash, itching<br>Trouble breathing<br>Trouble peeing, pain when peeing | Tell your doctor immediately    |
| Stomach upset<br>Sore or itchy eyes<br>Sore mouth                           | Tell your doctor if troublesome |

If you notice any other effects, discuss them with your doctor or pharmacist.

## Other information:

- Avoid sprinkling the contents of capsules onto dairy products.