

## AUSTRALIAN PRODUCT INFORMATION

# CREON<sup>®</sup> 10,000, CREON<sup>®</sup> 20,000, CREON<sup>®</sup> 25,000, CREON<sup>®</sup> 35,000, CREON<sup>®</sup> 40,000



*pancreatic extract capsules*

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### 1 NAME OF THE MEDICINE

Pancreatic extract

### 2 QUALITATIVE AND QUANTITATIVE COMPOSITION

CREON 10,000, 20,000, 25,000, 35,000 and 40,000 are porcine pancreatic enzyme preparations containing pancreatic extract encapsulated in minimicrospheres with a pH-sensitive coating.

Each CREON 10,000 capsule contains pancreatic extract 150 mg equivalent to not less than 10,000 Ph.Eur. units lipase, 8,000 Ph.Eur. units amylase and 600 Ph.Eur. units protease.

Each CREON 20,000 capsule contains pancreatic extract 300 mg equivalent to not less than 20,000 Ph.Eur. units lipase, 16,000 Ph.Eur. units amylase and 1,200 Ph.Eur. units protease.

Each CREON 25,000 capsule contains pancreatic extract 300 mg equivalent to not less than 25,000 Ph.Eur. units lipase, 18,000 Ph.Eur. units amylase and 1,000 Ph.Eur. units protease.

Each CREON 35,000 capsule contains pancreatic extract 420 mg equivalent to not less than 35,000 Ph.Eur. units lipase, 25,200 Ph.Eur. units amylase and 1,400 Ph.Eur. units protease.

Each CREON 40,000 capsule contains pancreatic extract 400 mg equivalent to not less than 40,000 Ph.Eur. units lipase, 25,000 Ph.Eur. units amylase and 1,600 Ph.Eur. units protease.

	CREON 10,000	CREON 20,000	CREON 25,000	CREON 35,000	CREON 40,000
Lipase activity (Ph.Eur. units)	10,000	20,000	25,000	35,000	40,000
Amylase activity (Ph.Eur. units)	8,000	16,000	18,000	25,200	25,000
Protease activity (Ph.Eur. units)	600	1,200	1,000	1,400	1,600

Excipients with known effect: CREON contains traces of sulfites.

For the full list of excipients, see Section 6.1 List of excipients.

### 3 PHARMACEUTICAL FORM

CREON 10,000: Opaque dark brown/colourless-transparent capsule containing brownish minimicrospheres.

CREON 20,000: Opaque brown/colourless-transparent capsule containing brownish minimicrospheres.

CREON 25,000: Swedish orange/colourless-transparent capsule containing brownish minimicrospheres.

CREON 35,000: Opaque red brown/colourless-transparent capsule containing brownish minimicrospheres.

CREON 40,000: Opaque brown/colourless-transparent capsule containing brownish minimicrospheres.

## 4 CLINICAL PARTICULARS

### 4.1 THERAPEUTIC INDICATIONS

CREON is indicated as pancreatic enzyme replacement in paediatric and adult patients with pancreatic exocrine insufficiency (PEI).

Pancreatic exocrine insufficiency is often associated with, but not limited to:

- cystic fibrosis
- chronic pancreatitis
- pancreatic surgery
- gastrointestinal bypass surgery (e.g. Bilroth II gastroenterostomy)
- ductal obstruction of the pancreas or common bile duct (e.g. from neoplasm)

### 4.2 DOSE AND METHOD OF ADMINISTRATION

The capsules should be swallowed without crushing or chewing, with enough fluid during or after each meal or snack. When swallowing of capsules is difficult (e.g. small children or elderly patients), the capsules may be carefully opened and the minimicrospheres added to acidic soft food such as apple sauce, mashed bananas, or yoghurt or fruit juice with a pH less than 5.5 that does not require chewing, or the minimicrospheres will be taken with liquid such as fruit juice with a pH less than 5.5 for example apple, orange or pineapple juice. Any mixture of the minimicrospheres with food or liquids should be used immediately and should not be stored.

Crushing and chewing of the minimicrospheres or mixing with food or fluid with a pH greater than 5.5 can disrupt the protective enteric coating. This can result in early release of enzymes in the oral cavity and may lead to reduced efficacy and irritation of the mucous membranes.

Care should be taken to ensure no product is retained in the mouth.

Based upon Australasian Clinical Practice Guidelines for nutrition in Cystic Fibrosis 2006, the key goal of pancreatic enzyme replacement therapy is to improve the patient's nutritional status and growth as well as controlling the symptoms of maldigestion (e.g. steatorrhoea). This is achieved through optimal dietary intake using a diet without restriction of fat content (>100 g fat per day if over five years of age), unless the patient is overweight. The dose of CREON required is adjusted according to the fat content of the meal and the severity of the disease.

Table 1: Weight Based Dosing Recommendations for the Treatment of Paediatric and Adult Patients with Cystic Fibrosis (CF) using CREON

Patient Age	Starting Dose	Titration Considerations	Maximum Dose
Children < 4 years	1,000 units lipase/kg bodyweight per meal	Adjust dose according to:	4,000 units lipase/g dietary fat intake

Patients ≥ 4 years	500 units lipase/kg bodyweight per meal	<ul style="list-style-type: none"> <li>disease severity</li> <li>control of steatorrhoea</li> <li>maintenance of good nutritional status</li> </ul>	OR 10,000 units lipase/kg bodyweight per day
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Table 2: Dosing Recommendations for the Treatment of Pancreatic Exocrine Insufficiency (PEI) in Adult Patients using CREON

	Starting Dose	Titration Considerations	If required, increase to:
<b>Meal</b>	25,000 to 40,000 units lipase	Assess patient for clinical response and compliance to therapy.	80,000 units lipase
<b>Snack</b>	Half of <b>meal</b> dose		Half of <b>meal</b> dose

Maximum dose 10,000 units lipase per kg bodyweight per day

Agents which increase gastric pH, such as H<sub>2</sub>-antagonists and proton pump inhibitors, have been reported to increase the activity of administered pancreatic lipase and may be helpful in patients who do not achieve adequate response to pancreatic enzyme therapy.

This is not an approved indication for these agents. Prescribers should decide, on the basis of published evidence, whether or not to use them in this way.

It is important to ensure adequate hydration at all times, especially during periods of increased loss of fluids. Inadequate hydration may aggravate constipation.

### 4.3 CONTRAINDICATIONS

CREON capsules are contraindicated in patients who are known to be hypersensitive to porcine protein or any of the ingredients.

### 4.4 SPECIAL WARNINGS AND PRECAUTIONS FOR USE

#### Fibrosing Colonopathy

Fibrosing colonopathy has been reported in cystic fibrosis patients treated with some high potency enzyme supplements. The mechanism of injury is unknown. Doses in excess of 10,000 Ph.Eur. units lipase/kg/day should be used with caution. Patients who use doses in excess of 10,000 Ph.Eur. units lipase/kg/day and who develop new symptoms or have a medical history of gastrointestinal complications should be reviewed regularly (e.g. by ultrasound).

#### Use in the Elderly

No data available.

#### Paediatric Use

No data available.

### Effects on Laboratory Tests

No data available.

## 4.5 INTERACTIONS WITH OTHER MEDICINES AND OTHER FORMS OF INTERACTIONS

Antacids should not be taken concomitantly with CREON as the alkaline pH may break down the enteric-coating. Should antacid administration be considered necessary, it is recommended that at least one hour elapse between the intake of antacids and any CREON.

No interaction studies have been performed.

## 4.6 FERTILITY, PREGNANCY AND LACTATION

### Effects on Fertility

No data available.

### Use in Pregnancy

For pancreatic enzymes, no clinical data on exposed pregnancies are available.

Animal studies show no evidence for any absorption of porcine pancreatic enzymes.

Although no reproductive or developmental toxicity would be expected, caution should be exercised when prescribing to pregnant women. If required during pregnancy, CREON should be used in doses sufficient to provide adequate nutritional status.

### Use in Lactation

Animal studies suggest no systemic exposure of the breastfeeding women to porcine pancreatic enzymes, and no effects on the suckling child are anticipated. If required during lactation, CREON should be used in doses sufficient to provide adequate nutritional status.

## 4.7 EFFECTS ON ABILITY TO DRIVE AND USE MACHINES

CREON has no influence on the ability to drive and use machinery.

## 4.8 ADVERSE EFFECTS (UNDESIRABLE EFFECTS)

In clinical trials, more than 1000 patients with pancreatic exocrine insufficiency due to cystic fibrosis, chronic pancreatitis, and pancreatic surgery were exposed to CREON.

### Adverse events reported from clinical trials

Table 3: Adverse Events reported by  $\geq 1\%$  of patients treated with CREON (all causalities)

System Organ Class	Adverse Event	Placebo-controlled studies		All studies
		Placebo (N=350) %	CREON (N=424) %	CREON (N=1037) %
Gastrointestinal disorders	Abdominal pain	10.9%	6.6%	9.6%
	Diarrhoea	3.4%	3.5%	5.9%
	Vomiting	2.0%	3.8%	5.0%
	Constipation	1.7%	3.3%	4.8%
	Abdominal distension	2.0%	2.4%	4.0%

System Organ Class	Adverse Event	Placebo-controlled studies		All studies
		Placebo (N=350) %	CREON (N=424) %	CREON (N=1037) %
	Nausea	2.6%	1.9%	3.9%
	Flatulence	6.0%	3.3%	2.6%
	Abdominal pain upper	2.6%	1.2%	2.5%
	Dyspepsia	2.3%	3.1%	2.2%
	Abdominal discomfort	1.1%	1.9%	1.7%
	Abdominal tenderness	0.3%	0.0%	1.1%
General disorders and administration site conditions	Pyrexia	1.1%	1.9%	4.9%
	Malaise	1.1%	0.9%	3.1%
	Pain	1.4%	1.4%	1.2%
	Asthenia	0.3%	0.2%	1.1%
Hepatobiliary disorders	Cholangitis	0.3%	0.5%	1.5%
Infections and infestations	Nasopharyngitis	0.9%	1.2%	5.8%
	Bronchitis	0.3%	0.0%	1.8%
	Respiratory tract infection			1.0%
Investigations	Blood glucose increased	1.4%	1.9%	2.7%
	Alanine aminotransferase increased	1.1%	2.4%	2.1%
	Aspartate aminotransferase increased	0.9%	1.7%	2.1%
	Blood glucose			2.1%
	Gamma-glutamyltransferase increased	0.3%	0.9%	2.0%
	Blood alkaline phosphatase increased	0.6%	0.9%	1.5%
	Weight decreased	1.7%	1.7%	1.4%
	Haematocrit			1.4%
	Haemoglobin			1.3%
	White blood cell count increased	0.0%	0.7%	1.2%
	Red blood cell count			1.2%
	Blood cholesterol decreased	0.6%	0.9%	1.1%
	Metabolism and nutrition disorders	Hypoglycaemia	4.0%	2.8%
Decreased appetite		0.9%	0.5%	1.9%
Diabetes mellitus (incl subtypes)		0.3%	0.0%	1.5%
Diabetes mellitus		0.3%	0.0%	1.2%
Hyperglycaemia		1.1%	1.7%	1.2%
Musculoskeletal and connective tissue disorders	Back pain	2.9%	1.4%	3.3%
	Arthralgia	1.1%	1.2%	1.4%
	Musculoskeletal pain	0.9%	1.7%	1.0%
Neoplasms benign, malignant and unspecified (incl cysts and polyps)	Metastases to specified sites	0.3%	0.0%	1.3%
	Pancreatic carcinoma recurrent			1.1%
Nervous system disorders	Headache	5.7%	5.2%	6.8%
	Dizziness	1.1%	1.2%	1.0%
Psychiatric disorders	Insomnia	0.0%	0.2%	1.6%
Respiratory, thoracic and mediastinal disorders	Cough	0.0%	1.4%	5.2%
	Oropharyngeal pain	0.0%	1.2%	1.3%
Skin and subcutaneous tissue disorders	Pruritus	0.9%	1.4%	1.4%

System Organ Class	Adverse Event	Placebo-controlled studies		All studies
		Placebo (N=350) %	CREON (N=424) %	CREON (N=1037) %
Vascular disorders	Hypertension	0.9%	0.5%	1.2%

Incidences of TEAEs, as they occurred at least in 10 patients, i.e. in 1% of patients, in the All studies column. N = Number of subjects in the Safety Subject Sample. Adverse Events were coded using Medical Dictionary for Regulatory Activities (MedDRA) version 17.1.

### Adverse reactions

The most commonly reported adverse reactions were gastrointestinal disorders and were primarily mild or moderate in severity.

The following adverse reactions have been observed during clinical trials with the below indicated frequencies.

Table 4: Adverse Reactions Observed During Clinical Trials

Organ system	Very common ≥ 1/10	Common ≥ 1/100 to < 1/10	Uncommon ≥ 1/1000 to < 1/100	Frequency not known <sup>#</sup>
Gastrointestinal disorders	Abdominal pain*	Nausea, vomiting, constipation, abdominal distention, diarrhoea*		Strictures of the ileo-caecum and large bowel (fibrosing colonopathy)
Skin and subcutaneous tissue disorders			Rash	Pruritus, urticaria
Immune system disorders				Hypersensitivity (anaphylactic reactions)

<sup>#</sup> Frequency cannot be estimated from the available data.

\* Gastrointestinal disorders are mainly associated with the underlying disease. Similar or lower incidences compared to placebo were reported for abdominal pain and diarrhoea.

Strictures of the ileo-caecum and large bowel (fibrosing colonopathy) have been reported in patients with cystic fibrosis taking high doses of pancreatin preparations (see 4.4 Special Warnings and Precautions for Use).

### Post-marketing

Allergic reactions mainly but not exclusively limited to the skin have been observed and identified as adverse reactions during post approval use.

Pruritus and urticaria have been additionally identified as adverse reactions during post-approval use. Because these reactions were reported spontaneously from a population of uncertain size, it is not possible to reliably estimate their frequency.

### Other patient populations

Multiple clinical trials were conducted in other patient populations: HIV, acute pancreatitis, diabetes mellitus. No additional adverse drug reactions were identified compared to the above 3 patient groups.

### **Paediatric population**

No specific adverse reactions were identified in the paediatric population. Frequency, type and severity of adverse reactions were similar in children with cystic fibrosis as compared to adults.

### **Reporting Suspected Adverse Effects**

Reporting suspected adverse reactions after registration of the medicinal product is important. It allows continued monitoring of the benefit-risk balance of the medicinal product. Healthcare professionals are asked to report any suspected adverse reactions at [www.tga.gov.au/reporting-problems](http://www.tga.gov.au/reporting-problems).

## **4.9 OVERDOSE**

Extremely high doses of pancreatin have been reported to be associated with hyperuricosuria and hyperuricaemia. For information on the management of overdose, contact the Poisons Information Centre on 13 11 26 (Australia).

## **5 PHARMACOLOGICAL PROPERTIES**

### **5.1 PHARMACODYNAMIC PROPERTIES**

#### **Mechanism of Action**

Administered orally, pancreatic extract assists in the digestion of proteins, carbohydrates and fats.

CREON has been specially formulated to combine the features of rapid, homogeneous distribution with the chyme in the stomach, with resistance to inactivation by gastric acid and rapid dissolution in the alkaline pH of the duodenum. This is achieved by enteric-coated minimicrospheres which are released in the stomach following dissolution of the gelatin capsule. The minimicrospheres are similar in size to food particles (0.7-1.6 mm in diameter), and mix homogeneously with the chyme while being protected from inactivation by gastric acid (pH 1) for up to 2 hours. They pass into the alkaline pH of the duodenum at least as quickly as the food they are intended to digest; here the enteric-coating rapidly dissolves releasing enzymes at the appropriate site.

#### **Clinical Trials**

##### **Efficacy studies**

In total, 33 studies investigating the efficacy of CREON in patients with pancreatic exocrine insufficiency have been conducted, among which 11 were placebo controlled studies performed in patients with cystic fibrosis, chronic pancreatitis or post surgical conditions.

In all randomised, placebo-controlled, efficacy studies, the pre-defined primary objective was to show superiority of CREON over placebo on the primary efficacy parameter, the coefficient of fat absorption (CFA).

The coefficient of fat absorption determines the percentage of fat that is absorbed into the body taking into account fat intake and faecal fat excretion. In the placebo-controlled PEI studies, the mean CFA (%) was higher with CREON treatment (83.0%) as compared to placebo (59.1%). The mean CFA (%) at the end of the treatment period with CREON was similar in all studies, irrespective of the trial design.

In all studies performed, irrespective of the underlying disease, marked improvement was also noted with symptomatology associated with pancreatic enzyme insufficiency (e.g. stool frequency, stool consistency, flatulence and abdominal pain).

In cystic fibrosis (CF), the efficacy of CREON was demonstrated in 43 paediatric patients in randomised, placebo-controlled studies, and investigated in 340 paediatric patients in all studies combined. The mean end-

of-treatment CFA values in all studies exceeded 80% on CREON comparably in all paediatric age groups ranging from newborns to adolescents.

Two double-blind placebo-controlled studies in 74 CF patients on individualised doses of CREON showed statistically significant ( $p < 0.001$ ) and clinically relevant results after CREON treatment of 5-7 days. The mean CFAs in the placebo groups were 52.2% and 50.9% respectively as compared to those in CREON treated patients which were 84.1% and 87.2% respectively.

The third placebo-controlled study, a cross-over study, was performed in 32 paediatric and young adult CF patients. Patients on CREON achieved a mean CFA of 88.6% compared with 49.8% for patients on placebo ( $p < 0.0001$ ). The treatment duration was 5 days on a pre-planned dose of 4000 lipase units/g fat intake.

The baseline-controlled study in 12 CF infants showed a mean CFA increase from 58.0% at baseline to 84.7% after 8 weeks treatment with CREON on a dose of 2000 lipase units/g fat intake.

In chronic pancreatitis and pancreatic surgery three placebo-controlled studies in 161 adult patients were conducted and were each designed with a placebo run-in period followed by a double-blind parallel-group placebo or CREON treatment phase of 7 to 14 days. On average, patients in the CREON group achieved CFA values between 81.5% and 86.6% compared with CFA values between 56.3% and 68% for patients on placebo (statistically significant differences).

### **Studies in other diseases**

Two double-blind, placebo controlled studies were performed in patients after acute pancreatitis (AP). One study in patients in a refeeding status after AP was stopped prematurely due to low recruitment. No treatment difference between CREON and placebo was found on the primary endpoint (time to normalisation of faecal elastase  $> 200 \mu\text{g/g}$  stool) in 56 patients. However, only a subgroup of 20 patients had low faecal elastase values at baseline. The other study in 21 subjects after AP was not sufficiently powered to detect any relevant treatment differences in terms of QoL and gastrointestinal symptoms between CREON and placebo.

One double-blind, multi-center, placebo-controlled, randomised, parallel group aimed at proving superior efficacy of CREON in patients with PEI caused by total or partial gastrectomy. The study was stopped prematurely due to a too low recruitment rate with only seven patients evaluable for efficacy. No conclusion on the efficacy of CREON in gastrectomized patients could be drawn.

Two double-blind, placebo-controlled studies were performed to investigate the efficacy of CREON in 29 type 1 or 2 diabetes mellitus patients with mild PEI. Both studies were stopped prematurely because of poor recruitment. The pooled analysis of the limited data revealed no significant difference between the groups for the primary endpoint CFA. The change to baseline for stool fat reached statistical significance in favor of CREON ( $p = 0.010$ ,  $-1.0 \text{ g fat/day}$  in placebo and  $-6.5 \text{ g fat/day}$  for CREON).

All studies confirmed the safe administration of CREON in the respective patient populations.

## **5.2 PHARMACOKINETIC PROPERTIES**

Animal studies showed no evidence for absorption of intact enzymes and therefore classical pharmacokinetic studies have not been performed. Pancreatic enzyme supplements do not require absorption to exert their effects. On the contrary, their full therapeutic activity is exerted from within the lumen of the gastrointestinal tract. Furthermore, they are proteins, and as such undergo proteolytic digestion while passing along the gastrointestinal tract before being absorbed as peptides and amino acids.



### **5.3 PRECLINICAL SAFETY DATA**

#### **Genotoxicity**

No data available.

#### **Carcinogenicity**

No data available.

## **6 PHARMACEUTICAL PARTICULARS**

### **6.1 LIST OF EXCIPIENTS**

CREON 10,000: macrogol 4000, hypromellose phthalate, dimeticone 1000, cetyl alcohol, triethyl citrate, gelatin, iron oxide red, iron oxide black, iron oxide yellow, titanium dioxide and sodium lauryl sulfate.

CREON 20,000: macrogol 4000, hypromellose phthalate, dimeticone 1000, cetyl alcohol, triethyl citrate, gelatin, iron oxide red, iron oxide black, iron oxide yellow, titanium dioxide and sodium lauryl sulfate.

CREON 25,000: macrogol 4000, hypromellose phthalate, cetyl alcohol, triethyl citrate, dimeticone 1000, gelatin, iron oxide red, iron oxide yellow, titanium dioxide and sodium lauryl sulfate.

CREON 35,000: macrogol 4000, hypromellose phthalate, dimeticone 1000, cetyl alcohol, triethyl citrate, gelatin, iron oxide red, iron oxide black, iron oxide yellow, titanium dioxide and sodium lauryl sulfate.

CREON 40,000: macrogol 4000, hypromellose phthalate, cetyl alcohol, triethyl citrate, dimeticone 1000, gelatin, iron oxide, titanium dioxide and sodium lauryl sulfate.

### **6.2 INCOMPATIBILITIES**

Incompatibilities were either not assessed or not identified as part of the registration of this medicine.

### **6.3 SHELF LIFE**

In Australia, information on the shelf life can be found on the public summary of the Australian Register of Therapeutic Goods (ARTG). The expiry date can be found on the packaging.

### **6.4 SPECIAL PRECAUTIONS FOR STORAGE**

Store below 25°C.

In warmer climates, it may be necessary to store the product in the refrigerator.

Use within 6 months after opening.

Keep out of reach of children.

### **6.5 NATURE AND CONTENTS OF CONTAINER**

Container Type: HDPE bottles

Pack Sizes: 20 (CREON 40,000 only), 50 (CREON 40,000 only) or 100 capsules

Some strengths, pack sizes and/or pack types may not be marketed.

### **Australian Register of Therapeutic Goods (ARTG)**

AUST R 158453 – CREON 10,000 pancreatic extract 150 mg capsule bottle

AUST R 313820 – CREON 20,000 pancreatic extract 300 mg capsule bottle

AUST R 158452 – CREON 25,000 pancreatic extract 300mg capsule bottle

AUST R 313833 – CREON 35,000 pancreatic extract 420 mg capsule bottle

AUST R 158451 – CREON 40,000 pancreatic extract 400 mg capsules bottle

## **6.6 SPECIAL PRECAUTIONS FOR DISPOSAL**

In Australia, any unused medicine or waste material should be disposed of by taking it to your local pharmacy.

## **6.7 PHYSICOCHEMICAL PROPERTIES**

### **Chemical Structure**

No data available.

### **CAS Number**

8049-47-6

## **7 MEDICINE SCHEDULE (POISONS STANDARD)**

CREON 25,000, CREON 35,000 and CREON 40,000: Schedule 4

CREON 10,000 and CREON 20,000: Not Scheduled

## **8 SPONSOR**

### **Viatris Pty Ltd**

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Millers Point NSW 2000

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Phone: 1800 274 276

## **9 DATE OF FIRST APPROVAL**

28/09/2010 (CREON 10,000, CREON 25,000 & CREON 40,000)

21/04/2020 (CREON 20,000 & CREON 35,000)

## **10 DATE OF REVISION**

24/01/2022

### **Summary Table of Changes**

<b>Section Changed</b>	<b>Summary of New Information</b>
<b>3</b>	Update to CREON 25,000 pharmaceutical form.

<b>8</b>	Update to sponsor details
<b>6.5</b>	Update to include Aust R details
<b>All</b>	Minor editorial changes

CREON® is a Viartis company trade mark

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