

Tips for enzyme capsules



PHOTOCOPY
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Enzyme replacement capsules are taken every time carbohydrates, fats and proteins are eaten to assist with digestion. The capsules are similar to vitamins and are made from the pancreas of pigs and will not harm other people.

Forgetting a single dose is not catastrophic but if the child regularly misses taking the correct amount of enzymes over a period of time, his or her growth can be affected.

The enzyme capsules **do not** need to be taken with the following foods:

fruit juices	cordial	salad and leafy vegetables
lollies	fruit	icy poles
jelly	sugar	jam and honey

The amount of capsules taken depends on how much fat is in the food and the strength of capsule being taken. The capsules come in different strengths:

e.g. Creon micro = 1 scoop per 4g of fat

Creon 10,000 = 1 capsule per 8g of fat

How many capsules a child takes in a day will depend on his or her body weight. Discuss with the parents about how many capsules the child needs while at school and how the parents calculates the amount of capsules needed per food item.

The capsules are only effective for half an hour after being taken, so food needs to be consumed within this time.

Sometimes children don't eat all their food or may take a long time to eat, so it can be better for the child to consume half the required dose at the beginning of eating and the remainder once the child is half way through the meal.

If the child takes too many enzymes each day over a week or so, constipation can occur.

If the child is not having enough enzyme capsules or forgets to take them when eating, he or she may experience diarrhea.

Enzyme capsules need to be stored in a cool, dark place. Do not refrigerate.

BABIES AND TODDLERS

Babies are given enzymes in granule form with a scoop and mixed with apple or pear puree.

Check the baby's mouth and gums for left over granules at the end of each feed and remove them. Granules left in the mouth can cause mouth ulcers.

Use antibacterial hand gel before handling enzyme capsules or granules.

Parent's contact details: _____

How many enzymes per grams of fat: _____