

## Shortage of pancreatic enzymes

Thank you for contacting us regarding the difficulties you have experienced in getting Creon® / Nutrizym 22®. I am sorry this has caused you inconvenience, we are aware of this Europe-wide issue affecting our patients.

There is a steady supply of Creon® / Nutrizym 22®, Pancrex V® coming to the UK and you should be able to access a supply. This may take more time than usual but following the steps below may be helpful.

### **Professional Guidance**

Advice has been published to support patients affected by this issue and we would encourage you to read this to understand how to navigate the situation -

[Position Statement Shortage of PERT Patient Advice Version 3 24th June 2024 1.pdf \(psgbi.org\).](#)

<b>How to improve your chances of getting pancreatic enzymes</b>
Place your prescription repeat request as soon as you receive a supply of Creon® / Nutrizym 22® / Pancrex V® - this will give the community pharmacist time to source your medication.
Please do not stockpile as this will lead to further shortages.
If you have problems obtaining a supply from your usual pharmacy, check other pharmacies. Some pharmacies have more success at obtaining enzymes than others. The Viatrix helpline (see below) may be able to help you with this.
Only a 1-month supply is issued at a time to regulate supplies, so if you currently receive 2 to 3 months of your pancreatic enzymes at a time, you will need to collect your prescriptions more frequently. (If you pay for your prescription, consider applying for an NHS Prescription pre-payment certificate to reduce the cost of prescription charges.
You can ask your GP to: <a href="#">Prescribe your pancreatic enzymes on a separate prescription (FP10) or an electronic prescription</a> which should <b>not</b> be sent to a nominated pharmacy unless the medicine is confirmed to be in stock at that pharmacy.
This will allow you to check multiple pharmacies for stock and get your prescription from them.

<b>Getting the most of your pancreatic enzymes to help reduce the dose you need</b>
Store Creon® / Nutrizym 22® below 25 degrees Celsius, out of direct sunlight & away from radiators/boilers as the medication will not work well if it gets too hot. You do not need to store it in the fridge.
If you store your pancreatic enzymes in different places (i.e. at work), make sure you rotate your supplies to prevent any wastage.

### **Alternative prescriptions**

Unfortunately, alternative pancreatic enzymes cannot be prescribed unless patients have an intolerance to a certain pancreatic enzyme. Discuss this option with your healthcare professional.

### **Managing symptoms**

If you are struggling with loose and frequent bowel motions due to the alteration or disruption to your pancreatic enzymes, consider purchasing over-the-counter Loperamide (Imodium®) and taking it before your meals to manage these symptoms.

Please contact your healthcare professional if:

- Struggling to manage symptoms of diarrhoea or other bowel symptoms
- You notice you are losing weight unintentionally – it is helpful if you check your weight every two weeks.

### **Vitamins and minerals**

If you are not already taking vitamins and minerals, we recommend that you take:

1. A calcium and vitamin D supplement (containing 800iu Vitamin D and at least 500mg Calcium)
2. A multivitamin and mineral during this time (i.e. Sanatogen A-Z Complete® / Centrum Advance® / Supermarket own A-Z brand) – please ensure these contain both vitamins and minerals.

Further practical support can be found at [How to deal with Creon, Nutrizym or Pancrex supply issues - Pancreatic Cancer UK](#).

Kind Regards