

# Cystic Fibrosis

## How to give your child Creon 5 Microspheres

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### Why does my child need enzymes?

Children with cystic fibrosis need enzymes each time they eat.

Enzymes help your child digest food so that he or she can grow.



## Creon 5 Microspheres

Follow these steps to give your child Creon 5 Microspheres:

### Cleaning

1. Wash your hands with soap and water.
2. Check expiry date on bottle.
3. Collect the supplies you will need:
  - small spoon
  - small bowl
  - applesauce
  - food your child is going to eat
  - Creon 5 Microsphere beads
  - Creon 5 Microsphere scoop

Your dose is \_\_\_ scoop(s) at each meal  
                                  \_\_\_ scoop(s) at each snack

4. Wash bowl and spoon in hot soapy water.
5. Rinse well.

### Preparing

6. Put 1 to 3 tsp applesauce into small bowl.
7. Scoop out microsphere beads and pour the beads onto the applesauce, **keeping the scoop clean and dry.**
8. Mix gently. Do not crush beads.

### Giving the enzyme

9. **Give all of the mixture** to your child with the spoon right after mixing. Do not let your child chew the beads.
10. Feed your child the rest of the meal right after the enzyme mixture is given.
11. Check your child's mouth with your clean finger to remove any beads left after feeding.

## Tips

- The beads can be mixed with other soft fruits such as pureed apricots, peach or pears. It is best to stay with one type of food.
- If meals last longer than 15 minutes, an enzyme dose can be split in half. The second dose can be given part way into the meal. It is important to mix each dose right before it is given.

**If you have any questions, ask your dietitian.**