

Spray

- ▶ **Perinal** (Dermal Laboratories Ltd)
Hydrocortisone 2 mg per 1 gram, Lidocaine hydrochloride 10 mg per 1 gram Perinal spray | 30 ml £6.11

Hydrocortisone with pramocaine

21-Dec-2017

● INDICATIONS AND DOSE

Pain and irritation associated with local, non-infected anal or perianal conditions

▶ BY RECTUM

- ▶ Child 12–17 years: 1 applicatorful 2–3 times a day and 1 applicatorful, after a bowel movement, do not use for longer than 7 days; maximum 4 applicatorfuls per day

IMPORTANT SAFETY INFORMATION

MHRA/CHM ADVICE: CORTICOSTEROIDS: RARE RISK OF CENTRAL SEROUS CHORIORETINOPATHY WITH LOCAL AS WELL AS SYSTEMIC ADMINISTRATION (AUGUST 2017)

See Corticosteroids, general use p. 450.

- **CAUTIONS** Local anaesthetic component can be absorbed through the rectal mucosa (avoid excessive application) · local anaesthetic component may cause sensitisation (use for short periods only—no longer than a few days)
- **MEDICINAL FORMS** No licensed medicines listed.

10 Reduced exocrine secretions**Exocrine pancreatic insufficiency**

14-Dec-2016

Description of condition

Exocrine pancreatic insufficiency is characterised by reduced secretion of pancreatic enzymes into the duodenum.

The main clinical manifestations are maldigestion and malnutrition, associated with low circulating levels of micronutrients, fat-soluble vitamins and lipoproteins. Children also present with gastro-intestinal symptoms, such as diarrhoea, abdominal cramps and steatorrhoea.

Exocrine pancreatic insufficiency can result from cystic fibrosis, coeliac disease, Zollinger-Ellison syndrome, and gastro-intestinal or pancreatic surgical resection.

Aims of treatment

The aim of treatment is to relieve gastro-intestinal symptoms and to achieve a normal nutritional status.

Drug treatment

Pancreatic enzyme replacement therapy with pancreatin p. 74 is the mainstay of treatment for children with exocrine pancreatic insufficiency.

Pancreatin contains the three main groups of digestive enzymes: lipase, amylase and protease. These enzymes respectively digest fats, carbohydrates and proteins into their basic components so that they can be absorbed and utilised by the body. Pancreatin should be administered with meals and snacks. The dose should be adjusted, as necessary, to the lowest effective dose according to the symptoms of maldigestion and malabsorption.

Fibrosing colonopathy has been reported in children with cystic fibrosis taking high dose pancreatic enzyme replacement therapy (in excess of 10 000 units/kg/day of lipase). Possible risk factors are gender (boys are at greater

risk than girls), more severe cystic fibrosis, and concomitant use of laxatives. The peak age for developing fibrosing colonopathy is between 2 and 8 years. Manufacturers of *Pancrease HL*[®] and *Nutrizym 22*[®] recommend that the total dose of pancreatin used in patients with cystic fibrosis should not usually exceed 10 000 units/kg/day of lipase. Manufacturers recommend that if a patient taking pancreatin develops new abdominal symptoms (or any change in existing abdominal symptoms) the patient should be reviewed to exclude the possibility of colonic damage.

There is limited evidence that acid suppression may improve the effectiveness of pancreatin. Acid-suppressing drugs (proton pump inhibitors or H₂-receptor antagonists) may be trialled in children who continue to experience symptoms despite high doses of pancreatin.

Levels of fat-soluble vitamins and micronutrients (such as zinc and selenium) should be routinely assessed and supplementation recommended whenever necessary.

Pancreatin preparations

Preparation	Protease units	Amylase units	Lipase units
Creon [®] 10 000 capsule, e/c granules	600	8000	10 000
Creon [®] Micro e/c granules (per 100 mg)	200	3600	5000
Pancrex [®] granules (per gram)	300	4000	5000
Pancrex V [®] capsule, powder	430	9000	8000
Pancrex V '125' capsule, powder	160	3300	2950
Pancrex V [®] e/c tablet	110	1700	1900
Pancrex V [®] Forte e/c tablet	330	5000	5600
Pancrex V [®] powder (per gram)	1400	30 000	25 000

Higher-strength pancreatin preparations

Preparation	Protease units	Amylase units	Lipase units
Creon [®] 25 000 capsule, e/c pellets	1000	18 000	25 000
Creon [®] 40 000 capsule, e/c granules	1600	25 000	40 000
Nutrizym 22 [®] capsule, e/c minitables	1100	19 800	22 000
Pancrease HL [®] capsule, e/c minitables	1250	22 500	25 000

Non-drug treatment

Dietary advice should be provided. Food intake should be distributed between three main meals per day, and two or three snacks. Food that is difficult to digest should be avoided, such as legumes (peas, beans, lentils) and high-fibre foods. Alcohol should be avoided completely. Reduced fat diets are not recommended.

Medium-chain triglycerides (see MCT oil, in *Borderline substances*), which are directly absorbed by the intestinal mucosa, were thought to be useful in some children.

However evidence has shown that MCT-enriched preparations offer no advantage over a normal balanced diet.