



Comprehensive User Guide

Track well, live well • Version 1.1.0

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1. Introduction

Welcome to the Creon Tracker! This application is designed to help you track your Creon medication doses, meals, symptoms, and bowel movements in one convenient place.

What is Creon Tracker?

Creon Tracker is a web-based application that allows you to monitor your pancreatic enzyme replacement therapy. It helps you keep detailed records of when you take your medication, what you eat, any symptoms you experience, and your digestive health using the Bristol Stool Scale.

Key Features

- Track Creon doses with time and meal information
- Log symptoms associated with meals and medication
- Record stool quality using the Bristol Stool Scale
- View complete history of all entries
- Export data for backup or sharing with healthcare providers
- Optional monthly auto-export reminders
- Comprehensive security guide for sharing data with doctors
- Works offline after initial load
- Mobile-optimized for easy use on smartphones
- Private and secure - all data stored locally on your device

2. Getting Started

The Creon Tracker is a web application, meaning it runs directly in your web browser. You don't need to download it from an app store or install any software.

System Requirements

- Android phone or tablet (Android 7.0 or newer) OR iPhone/iPad (iOS 13.0 or newer)
- Modern web browser - Android: Chrome, Samsung Internet, Firefox, or Edge | iOS: Safari
- Internet connection for initial setup only
- Approximately 1-2 MB of storage space

3. Installing on Android

While this is a web application, you can install it on your Android device to make it work like a native app. This process is called "adding to home screen."

Installation Steps for Chrome

Note: The 'Add to Home screen' option may not be available in some newer Android versions or Chrome updates. If you don't see this option, skip to 'Alternative Access Methods' below.

1. Open the Creon Tracker in Google Chrome browser
2. Tap the three dots menu (:) in the top-right corner
3. Select "Add to Home screen" from the menu (if available)
4. Enter a name (e.g., "Creon Tracker") or keep the default
5. Tap "Add"
6. The app icon will appear on your home screen

Installation Steps for Samsung Internet

1. Open the Creon Tracker in Samsung Internet browser
2. Tap the menu button (three horizontal lines)
3. Select "Add page to"
4. Choose "Home screen"
5. Tap "Add" to confirm

Alternative Access Methods

If the 'Add to Home screen' option is not available on your Android device, use one of these alternative methods to easily access the Creon Tracker:

Method 1: Chrome Bookmark (Recommended)

1. Open the creon-tracker.html file in Chrome
2. Tap the star icon (★) in the address bar, or tap the three dots menu → "Bookmark"
3. Name it "Creon Tracker" and save to "Mobile bookmarks"
4. To access: Open Chrome → Tap the three dots → "Bookmarks" → "Creon Tracker"
5. Optional: Keep Chrome on your home screen for quick access

Method 2: Save File Location

1. Download the creon-tracker.html file to your phone
2. Move it to an easy-to-find location (e.g., create a "Health" folder in your Documents)
3. Open your file manager app (Files, My Files, etc.)
4. Navigate to where you saved creon-tracker.html
5. Tap the file - it will open in your default browser
6. Consider adding your file manager to the home screen for quick access

Method 3: Browser Shortcuts Widget

1. Bookmark the file in Chrome as described in Method 1
2. Long-press on an empty area of your home screen
3. Tap "Widgets"
4. Find "Chrome" widgets
5. Add a "Bookmark" or "Shortcut" widget
6. Select your "Creon Tracker" bookmark

Method 4: Keep in Recent Tabs

1. Open the creon-tracker.html file in Chrome
2. Keep the tab open (don't close it)
3. Open Chrome → Tap the tabs icon (square with number)
4. Your Creon Tracker tab will always be there for quick access

Method 5: Set as Chrome Homepage

1. Open creon-tracker.html in Chrome and copy the full file path from the address bar
2. Open Chrome settings (three dots → Settings)
3. Tap "Homepage"
4. Enable "Show homepage button"
5. Set custom address to your creon-tracker.html file path
6. Now the home icon in Chrome opens your tracker

Pro Tip: The bookmark method (Method 1) is the most reliable across different Android versions and offers the best balance of convenience and accessibility.

Benefits of Installing

- Opens like a regular app with a single tap
- Works in full-screen mode without browser controls
- Appears in your app drawer alongside other apps
- Functions offline after initial load
- Faster access compared to opening a browser

3a. Installing on iPhone/iPad (iOS)

The Creon Tracker works perfectly on iOS devices! You can install it on your iPhone or iPad to make it work like a native app.

Installation Steps for Safari

Note: The 'Add to Home Screen' feature generally works well on iOS, but if you have any issues or prefer other access methods, see 'Alternative Access Methods for iOS' below.

1. Open the Creon Tracker in Safari browser (this feature only works in Safari on iOS)
2. Tap the Share button (square with arrow pointing up) at the bottom of the screen
3. Scroll down and tap "Add to Home Screen"
4. Enter a name (e.g., "Creon Tracker") or keep the default
5. Tap "Add" in the top-right corner
6. The app icon will appear on your home screen

Alternative Access Methods for iOS

If you prefer not to use 'Add to Home Screen' or want additional access options, here are alternative methods:

Method 1: Safari Bookmark (Recommended)

1. Open the creon-tracker.html file in Safari
2. Tap the Share button (square with arrow)
3. Scroll down and tap "Add Bookmark"
4. Name it "Creon Tracker" and save to "Favorites"
5. To access: Open Safari → Tap the book icon → "Creon Tracker"
6. For quicker access: Enable "Show Favorites Bar" in Safari settings

Method 2: Files App Access

1. Download the creon-tracker.html file to your iPhone/iPad
2. Open the Files app
3. Navigate to where the file was saved (usually "On My iPhone" > "Downloads" or "iCloud Drive" > "Downloads")
4. Create a folder called "Health" and move the file there for easy organization
5. Tap the creon-tracker.html file to open it in Safari
6. Bookmark it for faster future access
7. Optional: Add the Files app to your dock for quick access

Method 3: iCloud Drive Sync

1. Save creon-tracker.html to iCloud Drive on your computer or another device
2. It will automatically sync to your iPhone/iPad
3. Access via Files app → "iCloud Drive" → [your folder]
4. This keeps the file accessible across all your Apple devices

Method 4: Safari Reading List

1. Open the creon-tracker.html file in Safari
2. Tap the Share button
3. Tap "Add to Reading List"
4. Access via Safari → Book icon → Reading List tab
5. This works offline and syncs across your Apple devices

Method 5: Keep Tab Open

1. Open the creon-tracker.html file in Safari
2. Keep the tab open permanently (don't close it)
3. Pin the tab: Long-press the tab icon → "Pin Tab" (on iPad)
4. Access via Safari → Tab switcher button

Method 6: Siri Shortcut (Advanced)

1. First, bookmark the file in Safari
2. Open the Shortcuts app
3. Create a new shortcut → Add action → "Open URLs"
4. Enter the file path or bookmark URL
5. Name it "Open Creon Tracker"
6. Add to home screen or activate with "Hey Siri, open Creon Tracker"
7. This provides voice-activated access

Pro Tip: The Safari bookmark method (Method 1) combined with enabling the Favorites Bar gives you one-tap access while keeping your home screen uncluttered.

Important iOS Notes

- You must use Safari browser for installation - Chrome and other browsers don't support "Add to Home Screen" web apps on iOS
- After installation, the app runs independently and doesn't require Safari to be open
- The app works offline just like on Android
- All your data stays private and local on your iOS device
- The interface is optimized for iOS touch interactions

iOS-Specific Features

- Appears in iOS app library and spotlight search
- Supports iOS native sharing and file management
- Works with iOS Files app for exported data
- Compatible with iPad multitasking and split-view
- Integrates with iCloud Drive for easy backups

4. Using the Application

The Creon Tracker has three main tabs that you can switch between:

Application Layout

The Creon Tracker has four main tabs that you can switch between:

Log Creon Tab

This is where you record your Creon medication doses. You'll enter the number of doses, time taken, meal information, and any symptoms you're experiencing.

Log Stool Tab

This tab is dedicated to tracking bowel movements. You'll record the time and quality using the Bristol Stool Scale, plus any additional notes.

History Tab

View all your entries in chronological order. Each entry shows whether it's a Creon dose or stool movement, along with all the details you recorded. This tab also has the manual Export Data button.

Settings Tab

Configure monthly auto-export, view export status, and access detailed instructions for securely sharing your data with your healthcare provider.

Navigating Between Tabs

Simply tap on any of the four tabs at the top of the screen to switch between different sections of the app. The active tab is highlighted in white.

5. Logging Creon Medication

Recording your medication is simple and takes only a few seconds. Follow these steps:

Step-by-Step Instructions

1. Number of Creon Doses

Enter the number of Creon capsules you're taking. This is a required field. Use the number keyboard to enter values from 0 to 20.

2. Time Taken

The time field automatically fills with the current time, but you can adjust it if needed. Tap the field to open the time picker and select the exact time you took your medication.

3. Meal/Snack

Describe what you're eating. This is a required field. Examples include "Breakfast", "Lunch with pasta", "Afternoon snack", or "Dinner - pizza". Be as specific as you'd like.

4. Symptoms (Optional)

If you're experiencing any symptoms, describe them here. This field is optional. Common entries might include "bloating", "cramping", "nausea", or "no symptoms". Leave blank if you feel fine.

5. Save Entry

Tap the blue "Save Entry" button at the bottom. You'll see a confirmation message, and the app will automatically switch to the History tab to show your new entry.

Tips for Logging Medication

- Log your dose right when you take it for the most accurate time
- Be consistent with meal descriptions to spot patterns
- Record symptoms even if they seem minor
- If you forget to log immediately, you can adjust the time later

6. Logging Stool Movements

Tracking your bowel movements helps you and your healthcare provider understand how well your digestive system is functioning with your current Creon dosage.

Step-by-Step Instructions

1. Time

The time field automatically fills with the current time when you open this tab. You can adjust it if needed by tapping the field and using the time picker.

2. Stool Quality (Bristol Stool Scale)

Tap one of the seven types to indicate the consistency of your stool. This is a required field. The Bristol Stool Scale is a medical tool used worldwide to classify stool consistency.

Type	Description
Type 1	Separate hard lumps, like nuts (difficult to pass)
Type 2	Sausage-shaped but lumpy
Type 3	Like a sausage but with cracks on the surface
Type 4	Like a sausage or snake, smooth and soft (IDEAL)
Type 5	Soft blobs with clear-cut edges
Type 6	Fluffy pieces with ragged edges, mushy
Type 7	Watery, no solid pieces, entirely liquid

3. Notes (Optional)

Add any additional observations here. This might include color, unusual characteristics, associated symptoms, or anything else you want to remember. This field is optional.

4. Save Stool Entry

Tap the purple "Save Stool Entry" button. You'll see a confirmation, and the app will switch to the History tab.

Understanding the Bristol Stool Scale

Types 3 and 4 are considered ideal

Types 1-2 indicate constipation

Types 5-7 indicate diarrhea

Discuss patterns with your healthcare provider

7. Viewing Your History

The History tab displays all your entries in reverse chronological order (newest first). This makes it easy to review your recent tracking.

Understanding Your History Display

Entry Types

Each entry is clearly marked with a colored badge:

-  CREON (blue badge) - Medication entries
-  STOOL (purple badge) - Bowel movement entries

Entry Information

Each entry shows:

- Date and time of the entry
- All relevant details (doses, meals, symptoms, etc.)
- A delete button if you need to remove the entry

Deleting Entries

If you need to remove an entry:

1. Find the entry in your history
2. Tap the red "Delete" button
3. Confirm that you want to delete it
4. The entry will be permanently removed

Warning: Deleted entries cannot be recovered. Consider exporting your data regularly to maintain backups.

8. Exporting Your Data

The export feature allows you to save all your tracking data to a CSV file. This is useful for backups, sharing with your doctor, or analyzing your data in spreadsheet software.

How to Export Your Data

1. Open the app and navigate to the History tab
2. Look for the green "Export Data" button at the top
3. Tap the Export Data button
4. The file will download to your device's Downloads folder
5. You'll see a confirmation message when the download is complete

Understanding the Export File

The exported file is named with the current date, for example: "creon-tracker-export-2026-02-04.csv"

The CSV file contains the following columns:

- Type (Creon or Stool)
- Date
- Time
- Doses (for Creon entries)
- Meal (for Creon entries)
- Symptoms (for Creon entries)
- Stool Quality (for stool entries)
- Stool Notes (for stool entries)

Saving to Cloud Storage

Google Drive

1. Open the Google Drive app
2. Tap the "+" button
3. Select "Upload"
4. Navigate to Downloads folder
5. Select your exported CSV file

Proton Drive

1. Open the Proton Drive app
2. Tap the "+" button (usually bottom right)
3. Select "Upload file"
4. Navigate to Downloads folder
5. Select your exported CSV file

iCloud Drive (iOS)

1. After exporting, tap on the downloaded file notification
2. Tap the Share button (square with arrow)
3. Select "Save to Files"
4. Choose "iCloud Drive" as the location
5. Select a folder or create a new one
6. Tap "Save"

Opening Exported Data

You can open CSV files in:

- Microsoft Excel
- Google Sheets
- LibreOffice Calc
- Apple Numbers
- Any spreadsheet application

8a. Monthly Auto-Export Feature

The Creon Tracker includes an optional monthly auto-export feature that automatically reminds you to export your data on the last day of each month. This helps ensure you have regular backups and makes it easy to share monthly reports with your healthcare provider.

Enabling Auto-Export

1. Open the app and tap the **Settings** tab
2. Find the checkbox labeled "Automatically export data at the end of each month"
3. Tap the checkbox to enable auto-export
4. You'll see a confirmation message

How Auto-Export Works

When enabled, the app automatically checks if it's the last day of the month when you open it. If it is, you'll receive a prompt asking if you'd like to export your data. The export happens automatically with one tap.

The exported file will be named with the month and year, for example: "creon-tracker-Jan-2026-export.csv"

Viewing Export Status

In the Settings tab, you can see:

- **Last Export Check:** When the app last checked for or performed an export
- **Next Scheduled Export:** The date of the next automatic export (last day of current month)

Benefits of Auto-Export

- Never forget to export your monthly data
- Regular backups of your health information
- Easy to establish a monthly routine with your doctor
- Files automatically named with month and year
- One-tap export when prompted

Disabling Auto-Export

You can disable auto-export at any time by:

1. Going to the Settings tab
2. Unchecking the auto-export checkbox
3. You can still manually export anytime using the "Export Data" button in the History tab

8b. Securely Sharing with Your Gastroenterologist

Your tracking data contains sensitive health information. It's crucial to share it securely with your healthcare provider. The app includes detailed instructions in the Settings tab, and this section provides a comprehensive overview.

Why Security Matters

Your medical data is protected by privacy laws around the world. Sending unencrypted health information via regular channels can expose your data to unauthorized access and may violate these regulations.

Privacy Regulations

Different regions have specific laws protecting your health data:

- **HIPAA (United States)** - Health Insurance Portability and Accountability Act protects medical information and requires healthcare providers to use secure methods for sharing patient data.
- **GDPR (European Union)** - General Data Protection Regulation gives you control over your personal data, including health information. Under GDPR, you have the right to access, correct, delete, and transfer your data. Healthcare providers must obtain your consent and protect your data with appropriate security measures.
- **UK GDPR (United Kingdom)** - Similar protections to EU GDPR after Brexit, specifically covering health and genetic data as special category data requiring extra protection.
- **PIPEDA (Canada)** - Personal Information Protection and Electronic Documents Act governs how private sector organizations collect, use, and disclose personal information, including health data.
- **Privacy Act (Australia)** - Australian Privacy Principles regulate the handling of personal information, with additional protections for sensitive health information.
- **Other jurisdictions** - Most countries have similar privacy laws protecting medical information. Check with your healthcare provider about local regulations.

Your Rights Under GDPR

If you're in the EU or UK, you have specific rights regarding your health data:

- **Right to Access** - You can request copies of your data from your healthcare provider
- **Right to Rectification** - You can request corrections to inaccurate data
- **Right to Erasure** - You can request deletion of your data (with some medical exceptions)
- **Right to Data Portability** - You can receive your data in a machine-readable format (like the CSV files this app creates) and transfer it to another provider
- **Right to Object** - You can object to certain types of data processing
- **Right to be Informed** - Healthcare providers must be transparent about how they use your data

Note: This app stores all data locally on your device. No data is sent to external servers, so GDPR compliance for the app itself is straightforward - you have complete control. However, when sharing data with your healthcare provider, they become the data controller and must comply with GDPR.

Secure Methods (Recommended)

Method 1: Patient Portal (Most Secure)

Most healthcare providers offer secure patient portals like MyChart, FollowMyHealth, or Cerner. This is the most secure and HIPAA-compliant method.

****Steps:****

1. Export your data from the app
2. Log into your doctor's patient portal
3. Navigate to "Messages" or "Upload Documents"
4. Attach your CSV file
5. Add a message: "Monthly Creon tracking data for [Month Year]"

Advantages: HIPAA compliant, secure, integrated with medical records, no third-party services needed

Method 2: Encrypted Email

If your doctor accepts email communication, use encrypted email services.

****Recommended Services:****

- **ProtonMail** - End-to-end encrypted email service
- **Gmail Confidential Mode** - Set expiration dates and require passcodes
- **Outlook Encrypt** - Built-in encryption for Office 365 users
- **Tutanota** - Another end-to-end encrypted email option

****Steps:****

1. Use one of the encrypted email services above
2. Attach your exported CSV file
3. Subject line: "Creon Tracking - [Your Name] - [Month Year]"
4. In the body, include a brief summary of any notable symptoms or patterns

Method 3: Secure File Sharing

Use HIPAA-compliant or secure file sharing services with proper protections.

****Options:****

- **Virtru** - Email encryption and secure file sharing
- **Google Drive/Dropbox** - Only if your provider explicitly approves
- **OneDrive** - With encryption enabled
- **Box Health** - HIPAA-compliant version of Box

****Required Security Measures:****

- Set expiration dates on shared links (7-30 days)

- Use password protection
- Share only with specific email addresses
- Disable download permissions if possible (view only)

Method 4: In-Person Delivery

The most secure method is often the simplest - bring the data to your appointment.

****Options:****

- ****USB Drive**** - Copy the CSV file to a flash drive
- ****Printed Copy**** - Print the CSV file (can open in Excel/Sheets first for formatting)
- ****Show on Device**** - Open the file on your phone or tablet during the appointment

Methods to Avoid (Insecure)

Never use these methods to share your medical data:

- ✗ ****Regular unsecured email**** - Can be intercepted and read by third parties
- ✗ ****Text message or SMS**** - Not encrypted and stored on multiple servers
- ✗ ****Social media messaging**** - Facebook Messenger, Instagram DMs, WhatsApp, etc.
- ✗ ****Public file sharing links**** - Without password protection and expiration dates
- ✗ ****Unencrypted cloud storage**** - Dropbox/Drive links shared publicly

Best Practices

- ****Ask your doctor**** which method they prefer
- ****Export 2-3 days before**** your appointment so you're not rushed
- ****Name files clearly**** with your name, "Creon", and date: "John-Doe-Creon-Jan-2026.csv"
- ****Include a date range**** in your message: "Tracking data from January 1-31, 2026"
- ****Keep secure backups**** of all exports in encrypted storage
- ****Delete sensitive files**** from unsecured locations after sharing
- ****Verify receipt**** - Ask your doctor to confirm they received the data

Email Template

Here's a template you can use when sending data via secure email:

Subject: Creon Tracking Data - [Your Name] - [Month Year]

Dear Dr. [Last Name],

Please find attached my Creon medication tracking data for [Month Year]. The file contains:

- **Daily Creon doses and meal information**
- **Symptom notes**
- **Stool quality tracking (Bristol Scale)**

[Include any notable patterns or concerns you've observed]

Please let me know if you have any questions or would like to discuss these findings at our next appointment.

Best regards, [Your Name]

Accessing Instructions in the App

All of these security instructions are available directly in the app:

1. Open the Creon Tracker app
2. Tap the **Settings** tab
3. Scroll down to "How to Securely Share Your Data with Your Doctor"
4. Review the detailed instructions for each method

9. Data Storage and Privacy

Understanding how your data is stored is important for both privacy and data management. The Creon Tracker is designed with privacy-first principles.

Privacy by Design

The Creon Tracker follows privacy-by-design principles, meaning privacy protection is built into the app from the ground up:

- **No external servers** - Your data never leaves your device
- **No accounts required** - No registration, no email, no personal information collected
- **No tracking** - No analytics, no cookies, no usage monitoring
- **No internet required** - Works completely offline after initial load
- **You control exports** - Data only leaves your device when you explicitly export it

GDPR Compliance

For users in the European Union and United Kingdom, the Creon Tracker is fully compliant with GDPR (General Data Protection Regulation):

- **You are the data controller** - Since all data stays on your device, you have complete control
- **Data minimization** - The app only collects information you explicitly enter
- **Right to erasure** - You can delete all data anytime by clearing browser storage
- **Data portability** - Export feature provides data in standard CSV format
- **No third-party processing** - No data processors involved; data stays with you
- **Transparent processing** - This manual explains exactly how data is stored and used
- **Security measures** - Browser storage encryption protects your data at rest

Important: When you share data with your healthcare provider, they become the data controller for that information and must comply with GDPR. Ensure they use secure, GDPR-compliant methods (like patient portals) to receive and store your data.

Other Privacy Regulations

The app's privacy-first design also complies with other major privacy regulations:

- **HIPAA (USA)** - No Protected Health Information (PHI) is transmitted or stored by third parties
- **PIPEDA (Canada)** - No collection, use, or disclosure of personal information without user control
- **Privacy Act (Australia)** - Appropriate handling of sensitive health information
- **LGPD (Brazil)** - Personal data remains under user control

Where Is My Data Stored?

Your data is stored locally on your Android device using browser storage. This means:

- All data stays on your phone
- Nothing is sent to external servers
- Your information remains completely private
- Only you can access your tracking data

Data Persistence

Your data is stored in the browser you use to access the app. Important considerations:

- Data persists even when you close the app
- Data is tied to the specific browser (Chrome, Samsung Internet, etc.)
- Using a different browser won't show your existing data
- Clearing browser data will delete your entries

Data Safety Best Practices

1. Always use the same browser for the app
2. Don't clear your browser's cache or site data
3. Export your data regularly as a backup
4. Save exported files to cloud storage (Google Drive, Proton Drive, etc.)
5. Keep your device secure with a lock screen password

What Happens If...

I Clear Browser Data?

Your tracking data will be permanently deleted. Always export your data before clearing browser storage.

I Uninstall the Browser?

Your data will likely be deleted. Export and back up your data first.

I Get a New Phone?

Your data doesn't automatically transfer. Export your data on the old phone, save it to cloud storage, then download and import it on the new phone (if import feature is added in future updates).

I Switch Browsers?

Your data stays in the original browser. You'll need to start fresh in the new browser unless you export/import.

10. Troubleshooting

If you encounter any issues while using the Creon Tracker, try these solutions:

The App Won't Load

- Check your internet connection (needed for first load only)
- Close the app completely and reopen it
- Clear your browser cache and reload
- Try accessing the app in a different browser

Can't Find 'Add to Home Screen' on Android

- This option may not be available in newer Android versions or Chrome updates
- Instead, bookmark the page in Chrome (star icon in address bar)
- Or save the creon-tracker.html file and open it from your file manager
- Try using Samsung Internet browser if you have it - it may still offer this option
- See Section 3 'Alternative Access Methods' for detailed alternatives

Can't Find the creon-tracker.html File

- Open your file manager app (Files, My Files, etc.)
- Check the Downloads folder
- Use the search function and search for 'creon'
- If downloaded via email/cloud, check those app's download folders
- Once found, move it to a memorable location like Documents/Health

My Data Is Missing

- Verify you're using the same browser you originally used
- Check if you accidentally cleared browser data
- Look for any exported backup files you may have created
- Check cloud storage for previous exports

Can't Save New Entries

- Make sure all required fields are filled in
- Check that you've selected a stool type (if logging stool)
- Restart the app
- Check if your device has sufficient storage space

Export Button Doesn't Work

- Ensure you have at least one entry to export
- Check your device's Downloads folder for the file
- Make sure your browser has permission to download files
- Try a different browser

App Looks Wrong or Buttons Are Too Small

- Refresh the page
- Clear browser cache and reload
- Check that you're using a modern browser version
- Try accessing from the home screen icon instead of browser

Time Picker Doesn't Work

- Tap directly on the time field
- Use the device's native time picker that appears
- If it still doesn't work, try a different browser

Getting Error Messages

- Note the exact error message
- Try the action again
- Restart the app
- If the problem persists, try accessing the app in a different browser

iOS-Specific Issues

Can't Add to Home Screen on iPhone

- Make sure you're using Safari browser (not Chrome or other browsers)
- Tap the Share button at the bottom center of Safari
- Scroll down in the share menu to find "Add to Home Screen"
- Make sure you're running iOS 13.0 or newer

Export Downloads to Unknown Location (iOS)

- Check the Files app in the "Downloads" folder
- Look in Safari's download manager (down arrow icon)
- The file may be in "On My iPhone" > "Downloads" in Files app

App Looks Different After iOS Update

- Remove the app from home screen
- Clear Safari cache (Settings > Safari > Clear History and Website Data)
- Re-add the app to home screen from Safari
- Your data should remain intact as long as you don't clear website data

Can't Find the File on iPhone/iPad

- Open the Files app
- Check "On My iPhone" (or iPad) > "Downloads"
- Check "iCloud Drive" > "Downloads"
- Use the search function at the top and search for 'creon'
- If downloaded via Mail, check the Mail app's attachments

- Once found, move it to a memorable location or bookmark it in Safari

Safari Says 'Cannot Open Page'

- Make sure you're opening an HTML file, not a different file type
- Try opening from Files app instead of directly from Downloads
- Check that the file downloaded completely (should be around 50-100 KB)
- Re-download the file if it seems corrupted

11. Tips and Best Practices

Get the most out of your Creon Tracker with these helpful tips:

Tracking Habits

- Log entries immediately for the most accurate times
- Be consistent with your descriptions (use "Breakfast" every time, not sometimes "Morning meal")
- Include details about meals ("Lunch - salad" vs just "Lunch")
- Track even minor symptoms - patterns may emerge
- Don't skip entries, even on good days

Data Management

- Export your data weekly or monthly
- Save exports with descriptive names ("Creon-January-2026.csv")
- Keep multiple backups in different locations
- Before clearing browser data, always export first
- Review your history regularly to spot trends

Working with Healthcare Providers

- Bring exported data to appointments
- Open CSV files in spreadsheet apps to create charts
- Look for patterns in symptoms vs. meals
- Note correlations between dose timing and stool quality
- Track changes after dosage adjustments

Device Management

- Add the app to your home screen for quick access
- Always use the same browser
- Don't use incognito/private browsing mode
- Be cautious with browser cleaning apps
- Bookmark the app URL as a backup

Understanding Your Data

- Bristol Type 3-4 is the goal
- Track how long after eating symptoms appear
- Notice which meals work best with certain doses
- Look for time-of-day patterns
- Pay attention to food types that trigger symptoms

12. Frequently Asked Questions

General Questions

Q: Is this app free?

A: Yes, the Creon Tracker is completely free to use with no hidden costs or subscriptions.

Q: Do I need to create an account?

A: No account is required. Just open the app and start tracking immediately.

Q: Can I use this on multiple devices?

A: Each device stores data independently. Use the export feature to transfer data between devices or use the same browser on all devices.

Q: Does this app work on iPhone?

A: Yes! The app works perfectly on iPhone and iPad. Use Safari to access it and add it to your home screen. See Section 3a for detailed iOS installation instructions.

Data and Privacy

Q: Is this app GDPR compliant?

A: Yes, completely. All data stays on your device - nothing is sent to external servers. You have full control over your data, can export it anytime (data portability), and can delete it by clearing browser storage (right to erasure). There are no third parties involved in processing your data.

Q: What are my rights under GDPR?

A: With this app, you automatically have all GDPR rights: access (view your data anytime), rectification (edit entries), erasure (delete data), portability (export CSV), and control (nothing shared without your action). When you share with your doctor, they must also respect your GDPR rights.

Q: Does the app collect any personal information?

A: No. The app doesn't ask for your name, email, or any identifying information. It doesn't use analytics, cookies, or tracking. It only stores the health data you manually enter, and that data never leaves your device unless you export it.

Q: Is my health data secure?

A: Yes. All data is stored locally on your device and never sent to any servers. Only you can access your information.

Q: Can anyone else see my tracking data?

A: No, unless they have physical access to your unlocked device. Use a device password for additional security.

Q: What happens to my data if I uninstall the app?

A: Since this is a web app, there's nothing to uninstall. Data remains in your browser unless you clear browser data. Always export before making browser changes.

Features and Functionality

Q: Can I edit an entry after saving it?

A: Currently, you can only delete entries. To correct an error, delete the incorrect entry and create a new one with the right information.

Q: How far back can I see my history?

A: The app shows all entries you've ever created, as long as you haven't deleted them or cleared browser data. There's no time limit.

Q: Can I set reminders to take my medication?

A: This feature is not currently available. Use your device's built-in alarm or reminder app for medication alerts.

Q: Does the app work without internet?

A: Yes! After the first load, the app works completely offline. You can track entries anytime, anywhere.

Export and Backup

Q: How often should I export my data?

A: We recommend exporting at least once a month, or more frequently if you're actively tracking. Export before any browser updates or device changes.

Q: Can I import data back into the app?

A: Import functionality is not currently available. Keep your exported CSV files safe as backups. You can view them in any spreadsheet application.

Q: What format is the exported data?

A: Data exports as CSV (Comma-Separated Values), which can be opened in Excel, Google Sheets, or any spreadsheet program.

Technical Questions

Q: I can't find 'Add to Home screen' on my Android phone. What should I do?

A: Some newer Android versions or Chrome updates have removed or relocated this option. The best alternative is to bookmark the file in Chrome (tap the star icon in the address bar). You can also save the creon-tracker.html file to a folder on your phone and open it from your file manager app. See Section 3 'Alternative Access Methods' for detailed instructions.

Q: How do I find the creon-tracker.html file on my phone?

A: Open your file manager app (called 'Files', 'My Files', or similar). Check the 'Downloads' folder first - that's where files usually save. If you can't find it, use the search function in your file manager and search for 'creon'. Once found, tap it to open in your browser, then bookmark it for easy access.

Q: How do I find the file on my iPhone/iPad?

A: Open the Files app (built into iOS). Check 'On My iPhone' (or iPad) > 'Downloads' or 'iCloud Drive' > 'Downloads'. Use the search function at the top and type 'creon'. Once you find it, tap to open in Safari, then bookmark it (Share button > Add Bookmark) for easy access. See Section 3a for more detailed access methods.

Q: Can I use this on both my iPhone and iPad?

A: Yes! Each device stores data independently by default. If you want to access the same data on both devices, save the creon-tracker.html file to iCloud Drive and open it from there on both devices. Use the same browser (Safari) on both for consistent access. Your data will stay in sync if you keep the file in one location on iCloud Drive.

Q: Why do I need to use the same browser?

A: Each browser has its own separate storage. Data saved in Chrome won't appear in Samsung Internet or Firefox. Stick to one browser for consistency.

Q: How much storage does the app use?

A: Very little - typically 1-2 MB for the app, plus a tiny amount for each entry (less than 1 KB per entry). Even years of tracking won't use significant space.

Q: Will app updates delete my data?

A: No. Your data is separate from the app code. Updates won't affect your stored entries.

Medical Questions

Q: Is this app a medical device?

A: No. This is a tracking tool only. It doesn't diagnose, treat, or provide medical advice. Always consult your healthcare provider for medical decisions.

Q: Can I share my data with my doctor?

A: Absolutely! Export your data and email the CSV file to your doctor, or open it in a spreadsheet app at your appointment.

Q: Should I track every dose?

A: Yes, for the most accurate picture of your treatment. Consistent tracking helps you and your doctor make informed decisions about your care.

Thank you for using Creon Tracker!

Track well, live well