

## CONSUMER MEDICINE INFORMATION



## HYDROCORTISONE CREAM 1%

### WHAT IS IN THIS LEAFLET?

This leaflet answers some common questions about Pharmacy Health Hydrocortisone Cream 1%.

It does not contain all the available information. It does not take place of talking to your doctor or pharmacist.

All medicines have risks and benefits.

Your doctor or pharmacist has weighed the risks of using Pharmacy Health Hydrocortisone Cream 1% against the benefits this medicine is expected to have for you.

If you have any concerns about this medicine, ask your doctor or pharmacist. Keep this leaflet with your medicine. You may need to read it again.

### WHAT IS PHARMACY HEALTH HYDROCORTISONE CREAM 1%?

The name of your medicine is Pharmacy Health Hydrocortisone Cream 1%.

It contains the active ingredient called hydrocortisone acetate.

It is available as a cream.

Pharmacy Health Hydrocortisone Cream 1% is a type of cortisone and belongs to the group of medicines called corticosteroids.

### WHAT IS PHARMACY HEALTH HYDROCORTISONE CREAM 1% USED FOR?

#### Indications

Pharmacy Health Hydrocortisone Cream 1% is a topical corticosteroid therapy for non-infected inflammatory conditions of the skin eg. eczema, dermatitis.

Pharmacy Health Hydrocortisone Cream 1% is used on the skin to relieve the redness, swelling, itching and discomfort of skin problems such as rashes due to eczema, dermatitis, soap, detergent, cosmetics, jewellery, insect bites, itching anal and genital areas not due to infection, and sunburn.

Your doctor or pharmacist however, may have recommended Pharmacy Health Hydrocortisone Cream 1% for another purpose.

Ask your pharmacist or doctor if you have any questions about why Hydrocortisone Cream 1% has been recommended or prescribed to you.

Pharmacy Health Hydrocortisone Cream 1% is only available from your pharmacist.

### BEFORE YOU USE PHARMACY HEALTH HYDROCORTISONE CREAM 1%

#### When you must not use it

Do not use Pharmacy Health Hydrocortisone Cream 1% if you have ever had an allergic reaction to:

- Pharmacy Health Hydrocortisone Cream 1% or hydrocortisone acetate.
- Any of the ingredients in Pharmacy Health Hydrocortisone Cream 1% listed at the end of this leaflet.

Do not use Pharmacy Health Hydrocortisone Cream 1% on:

- Untreated bacterial infections
- Parasitic skin infections (such as scabies)
- Viral skin infection (such as herpes simplex, cold sores, shingles or chicken pox)
- Tuberculous conditions of the skin
- Vaccinia (cowpox: a viral disease passed from cattle)
- Varicella (a rare form of chicken pox)
- Acne or rosacea
- Cuts or open wounds
- Do not use in the eyes.

Do not use Pharmacy Health Hydrocortisone Cream 1% on psoriasis unless recommended by your doctor.

Pharmacy Health Hydrocortisone Cream 1% should not be used if you suffer from poor circulation of blood in the skin region, as it may result in skin ulcers.

Do not use occlusive dressings or waterproof bandages unless a doctor has told you to.

Ask your doctor (or pharmacist) to be sure that you do not have any of these conditions.

Do not use Pharmacy Health Hydrocortisone Cream 1% after the expiry date printed on the pack.

It may have no effect at all, or worse, it may give an entirely unexpected effect if you use after the expiry date.

Do not use Pharmacy Health Hydrocortisone Cream 1% if the packaging shows sign of tampering or the seal on the tube is broken, or if the product does not look quite right.

#### Before you start to use it

You must tell your doctor if:

- You are allergic to any other medicines, foods, dyes or preservatives.
- You have any other health problems such as diabetes or problems with your immune system.
- You are pregnant or breastfeeding. Your pharmacist or doctor will discuss the risks and benefits of using Pharmacy Health Hydrocortisone Cream 1% when pregnant or breastfeeding.

If Pharmacy Health Hydrocortisone Cream 1% is to be applied to the breast, do not apply the cream to the breast before breast feeding. Ensure that the breast area is free of the cream before breastfeeding.

#### Using other medicines

Tell your doctor (or pharmacist) if you are using other creams, ointments or lotions or taking any medicine. This includes any that you buy without a prescription from a pharmacy, supermarket or health food shop.

Some medicines may interfere with Pharmacy Health Hydrocortisone Cream 1% if it is used excessively or for prolonged periods. Some of these medicines include medicines to treat epilepsy, diuretics, oral contraceptive pills and immunosuppressants.

Your doctor or pharmacist has a list of medicines that may interfere with Pharmacy Health Hydrocortisone Cream 1%.

If you have not told your doctor (or pharmacist) about any of the above, tell them before you start using Pharmacy Health Hydrocortisone Cream 1%.

#### Use in Children

Do not use in children under 2 years unless your doctor tells you to do so.

### HOW TO USE PHARMACY HEALTH HYDROCORTISONE CREAM 1%

#### How to use it

Apply a thin layer to affected areas two to four times a day or as directed. Rub in gently. Reduce the number of applications as the disorder subsides.

Do not apply this cream under occlusive dressings or waterproof bandages unless on the advice of a doctor.

It is important to use Pharmacy Health Hydrocortisone Cream 1% exactly as your doctor (or pharmacist) has told you. If you use it less than you should, it may not work as well and your skin problem may not improve.

Using it more often than you should may not improve your skin problem any faster and may cause or increase side effects.

Use Pharmacy Health Hydrocortisone Cream 1% at the same time every day.

#### How long to use it

Do not use Pharmacy Health Hydrocortisone Cream 1% for more than 7 days except on the advice of a doctor. If your condition persists, see your pharmacist or doctor.

Reduce the number of applications as the disorder subsides.

If you use Pharmacy Health Hydrocortisone Cream 1% for a long time, the chance of side effects increases.

#### If you forget to use it

If you forget to use Pharmacy Health Hydrocortisone Cream 1%, use it as soon as you remember and then go back to your normal times for applying Pharmacy Health Hydrocortisone Cream 1%.

Do not try to make up for the amount you missed by using more than you normally use.

#### If you swallow it

Telephone your doctor or Poisons Information Centre (phone 13 11 26) or go to the accident and emergency centre at your nearest hospital immediately if anyone swallows Pharmacy Health Hydrocortisone Cream 1%.

### WHILE YOU ARE USING PHARMACY HEALTH HYDROCORTISONE CREAM 1%

#### Things you must do

Tell all your doctors and pharmacists who are treating you that you are using Pharmacy Health Hydrocortisone Cream 1%.

Tell your doctor if you feel that Pharmacy Health Hydrocortisone Cream 1% is not helping your condition.

Tell your doctor if you become pregnant while using Pharmacy Health Hydrocortisone Cream 1%.

#### Things you must not do

Do not use Pharmacy Health Hydrocortisone Cream 1% under dressings or on large areas of skin unless your doctor tells you.

Do not use Pharmacy Health Hydrocortisone Cream 1% in or near the eyes.

Do not give Pharmacy Health Hydrocortisone Cream 1% to anyone else even if their symptoms seem similar to yours.

Do not use Pharmacy Health Hydrocortisone Cream 1% to treat other conditions unless your doctor tells you. Your doctor or pharmacist has recommended Pharmacy Health Hydrocortisone Cream 1% especially for you and your condition. If you use it for another condition, it may not work or make the condition worse.

#### Things to be careful of

Do not use large amounts of Pharmacy Health Hydrocortisone Cream 1% for a long time. If you use large amounts for long time, the chance of systemic absorption through the skin and the chance of side effects increase.

Ask your doctor (or pharmacist) if you are concerned about the length of time you have been using Pharmacy Health Hydrocortisone Cream 1%.

Only use Pharmacy Health Hydrocortisone Cream 1% under the arm or in the groin if your doctor tells you.

#### Side effects

Tell your doctor or pharmacist if you do not feel well while you are using Pharmacy Health Hydrocortisone Cream 1%. Pharmacy Health Hydrocortisone Cream 1% helps most people with skin problems but it may have some unwanted side effects in a few people.

Side effects reported by some people using Pharmacy Health Hydrocortisone Cream 1% include:

- itching
- burning
- dryness
- acne-form eruptions
- thinning of the skin

In addition to the above side effects prolonged or over-use of this product may cause the following side effects in some people:

- high blood pressure
- elevated cholesterol and triglyceride levels in the blood
- cataracts
- glaucoma

Pharmacy Health Hydrocortisone Cream 1% may cause other side effects. If you have any other side effects, check with your doctor.

Do not be alarmed by this list of possible side effects. You may not experience any of them.

### AFTER USING PHARMACY HEALTH HYDROCORTISONE CREAM 1%

#### Storage

Keep Pharmacy Health Hydrocortisone Cream 1% where young children cannot reach it. A locked cupboard at least one-and-a-half metres above the ground is a good place to store medicines.

Keep Pharmacy Health Hydrocortisone Cream 1% in a cool dry place where the temperature stays below 25°C.

Do not leave Pharmacy Health Hydrocortisone Cream 1% in the car or on windowsills. Heat can destroy some medicines.

#### Disposal

If your doctor tells you to stop using Pharmacy Health Hydrocortisone Cream 1% or it has passed its expiry date, ask your pharmacist what to do with any Pharmacy Health Hydrocortisone Cream 1% left over.

### FURTHER INFORMATION

This is not all the information that is available on Pharmacy Health Hydrocortisone Cream 1%. If you need more information, ask a doctor or pharmacist.

### PRODUCT DESCRIPTION

#### What it looks like

Pharmacy Health Hydrocortisone Cream 1% is a soft white cream. Pharmacy Health Hydrocortisone Cream 1% is packed in 30 g tubes.

#### Ingredients

Hydrocortisone acetate 1% or 10 mg/g is the active ingredient in Pharmacy Health Hydrocortisone Cream 1%.

List of inactive ingredients

- Cetomacrogol 1000
- Cetostearyl alcohol
- Citric acid
- Chlorocresol (as preservative)
- Liquid paraffin
- Sodium citrate dihydrate
- Soft white paraffin

#### Supplier

Pharmacy Health Hydrocortisone Cream 1% is supplied in Australia by:

Pharmacy Health  
250 Camberwell Road,  
Camberwell, Victoria 3124, Australia

Australian Registration Number:  
AUST R 312382

This leaflet was prepared in May 2020.