

PLEASE READ THIS INFORMATION CAREFULLY BEFORE YOU START TO TAKE YOUR MEDICINE. CONSUMER MEDICINE INFORMATION



DUO THRUSH TREATMENT

Fluconazole oral capsule 150 mg & Clotrimazole external cream 10 mg/g

WHAT IS IN THIS LEAFLET

This leaflet answers some common questions about Pharmacy Health Duo Thrush Treatment.

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

All medicines have risks and benefits. Your doctor or pharmacist has weighed the risks of you using this medicine against the benefits expected for you.

If you have any concerns about using this medicine, talk to your doctor or pharmacist.

Keep this leaflet with the medicine.
You may need to read it again.

WHAT PHARMACY HEALTH DUO THRUSH TREATMENT IS USED FOR

Pharmacy Health Duo Thrush Treatment is used to treat vaginal thrush.

Pharmacy Health Duo Thrush Treatment contains two components:

- Fluconazole One capsule: An oral capsule containing the active ingredient fluconazole.
 - Clotrimazole External Cream: A cream containing the active ingredient clotrimazole. Both of these ingredients belong to a group of medicines called antifungals.
- Fluconazole One capsule is for the simple and effective treatment of vaginal thrush with just one oral capsule. Clotrimazole External Cream is for soothing relief of external itching and irritation associated with vaginal thrush.

They work by treating the infection caused by *Candida albicans* – a yeast that causes thrush.

Most women have vaginal thrush sometime during their lives. Many women have *Candida albicans* living harmlessly within their bodies. However, the natural balance that keeps *Candida albicans* under control can be upset by other factors, e.g. antibiotics, diabetes, the pill, wearing tight clothes, or using perfumed soaps, bath additives and vaginal deodorants. When the level of yeast becomes too high, thrush develops.

Common symptoms of vaginal thrush

You may have one or more of these common symptoms:

- Vaginal itching
- Vaginal burning and redness
- Pain during intercourse
- A white, odourless discharge from the vagina.

Rubbing and scratching can aggravate the soreness and itching. Also, the salt in urine can sting the sore tissue.

BEFORE YOU USE PHARMACY HEALTH DUO THRUSH TREATMENT

When you must not use it

Do not use Pharmacy Health Duo Thrush Treatment if you are taking:

- Cisapride, a medicine used for stomach problems.
- Astemizole, an antihistamine medicine used to treat allergies.
- Pimozide, an antipsychotic medicine.
- Quinidine, a medicine used to treat heart conditions.
- Erythromycin, an antibiotic medicine.
- If you are pregnant, suspect you are pregnant or are trying to become pregnant.
- If you are breast-feeding.

Do not use Pharmacy Health Duo Thrush Treatment if you have an allergy to:

- any medicine containing fluconazole, clotrimazole or other related substances such as miconazole, ketoconazole, or itraconazole
- lactose monohydrate
- any of the ingredients listed at the end of this leaflet.

Signs of an allergic reaction include:

- shortness of breath
- wheezing or difficulty breathing
- swelling of the face, lips, tongue or other parts of the body
- rash, itching or hives on the skin

If any of these occur, consult a doctor immediately.

Do not use this medicine after the expiry date printed on the pack, or if the packaging is torn or shows signs of tampering.

If you are not sure whether you should start using this medicine, talk to your doctor or pharmacist.

Before you start to use it

Tell your doctor or pharmacist before using Pharmacy Health Duo Thrush Treatment if you:

- are unsure as to the cause of your symptoms
- have had thrush more than twice in the last 6 months
- have had heart problems
- have liver problems
- have kidney problems
- have vulval or vaginal sores, ulcers or blisters
- are experiencing lower abdominal pain or burning on passing urine
- have had exposure to a sexually transmitted disease
- have any abnormal or irregular vaginal bleeding or blood-stained discharge
- have allergies to any other medicines, food, preservatives or dyes
- have diabetes.

Taking other medicines

Tell your doctor or pharmacist if you are taking any other medicines, including any you buy without a prescription from a pharmacy, supermarket or health food shop.

Some medicines and Pharmacy Health Duo Thrush Treatment may interfere with each other. These include:

- some medicines for diabetes such as glimepiride, gliclazide, gliclazide, gliptizide, pioglitazone, rosiglitazone or glibenclamide
- phenytoin (used to treat epilepsy)
- warfarin (used to stop blood clots)

Tell your doctor before using Pharmacy Health Duo Thrush Treatment if you are taking warfarin, as bleeding or bruising may occur.

Clotrimazole External Cream may damage latex contraceptives (condoms) and additional contraception measures are necessary during use.

Your doctor and pharmacist have more information on medicines to be careful with or avoid while using this medicine.

HOW TO USE PHARMACY HEALTH DUO THRUSH TREATMENT

Follow all directions given to you by your doctor and pharmacist carefully.

They may differ from the information contained in this leaflet.

If you do not understand the instructions on the pack, ask your doctor or pharmacist for help.

How to use it

Fluconazole One capsule

Swallow one whole capsule, with water, any time of the day. It does not matter if you take this medicine before or after food. For vaginal thrush, the complete course is one capsule.

Clotrimazole External Cream

Apply a thin layer of cream to cover the affected area and rub in gently. Repeat the procedure 2 – 3 times daily until symptoms are alleviated, normally in 2 – 3 days, or, as instructed by your doctor or pharmacist.

Things you must do

Symptoms should improve in a day or two. Consult your doctor if you are no better in 3 days or if thrush returns.

If you use too much (overdose)

Immediately telephone your doctor or the National Poisons Information Centre (Telephone Australia 13 11 26) for advice or go to your nearest Accident and Emergency Centre if you think you or anyone else may have used too much Pharmacy Health Duo Thrush Treatment. Do this even if there are no signs of discomfort or poisoning.

You may need medical attention.

AFTER TAKING PHARMACY HEALTH DUO THRUSH TREATMENT

Side effects of Fluconazole One capsule include:

- nausea
- headache
- stomach pain
- indigestion
- diarrhoea

Side effects of Clotrimazole External Cream include:

- local reactions including irritation and burning sensation
- contact dermatitis

Tell your doctor or pharmacist if you notice any of these symptoms and they worry you.

The above list includes the more common side effects of your medicine. They are usually mild and short-lived.

Tell your doctor as soon as possible if you notice any of the following:

- swelling of the face, lips or tongue which may cause difficulty swallowing or breathing
- asthma, wheezing, shortness of breath
- sudden or severe itching, skin rash, hives
- yellowing of the skin or eyes, also called jaundice.

These side effects are rare but can be serious and need urgent medical attention.

Tell your doctor or pharmacist if you notice anything that is making you feel unwell.

AVOIDING THRUSH IN THE FUTURE

- Some possible ways to avoid thrush in the future include:
- avoid perfumed soaps, bath additives and vaginal deodorants
 - wear cotton briefs and avoid tight-fitting synthetic clothing
 - wash regularly but do not wash and dry yourself too harshly.

AFTER USING PHARMACY HEALTH DUO THRUSH TREATMENT

Storage

Keep in a cool, dry place where the temperature stays below 25°C.

Keep it where children cannot reach it.

A locked cupboard at least one-and-a-half metres above the ground is a good place to store medicines.

PRODUCT DESCRIPTION

What Pharmacy Health Duo Thrush Treatment looks like

- Pharmacy Health Duo Thrush Treatment contains two components:
- Fluconazole One capsule is a turquoise-blue, hard gelatin capsule. Each pack contains one capsule in a PVC/Al blister pack.
 - Clotrimazole External Cream is a white, smooth homogenous cream in an aluminium tube. Each pack contains one 20 g tube.

Ingredients

The active ingredient in the Fluconazole One capsule is fluconazole 150 mg. Each capsule also contains the following inactive ingredients:

- Colloidal anhydrous silica
- Croscarmellose sodium
- Lactose monohydrate
- Magnesium stearate
- Hard gelatin size 2 capsule shell: Cap – turquoise blue; Body – turquoise blue

The active ingredient in the Clotrimazole External Cream is clotrimazole 10 mg/g. The cream also contains:

- Benzyl alcohol (as preservative).
- Cetostearyl alcohol
- Cetyl esters wax
- Dibasic sodium phosphate
- Monobasic sodium phosphate
- Octyldodecanol
- Polysorbate 60
- Purified water
- Sorbitan monostearate

Sponsor

Pharmacy Health Duo Thrush Treatment is sponsored in Australia by: Soul Pattinson (Manufacturing) Pty Ltd
250 Camberwell Road
Camberwell VIC 3124

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Pharmacy Health
250 Camberwell Road
Camberwell VIC 3124

This leaflet was prepared in March 2019

AUST R 317487