

CONSUMER MEDICINE INFORMATION



CLOTRIMAZOLE & HYDROCORTISONE CREAM

What is in this leaflet?

This leaflet answers some common questions about Pharmacy Health Clotrimazole & Hydrocortisone Cream. It does not contain all the available information.

It does not take the place of talking to your doctor or pharmacist. All medicines have benefits and risks. Your doctor or pharmacist has weighed the benefits of you using Pharmacy Health Clotrimazole & Hydrocortisone Cream against the risks they expect it may 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 Clotrimazole & Hydrocortisone Cream and what is it used for?

Pharmacy Health Clotrimazole & Hydrocortisone Cream is used on the skin to treat and soothe inflamed fungal skin conditions such as:

- Tinea pedis (athlete's foot)
- External symptoms of thrush
- Jock itch
- Fungally infected nappy rash
- Ringworm
- Fungal skin rash
- Fungally infected eczema or dermatitis

Pharmacy Health Clotrimazole & Hydrocortisone Cream is a broad spectrum anti-fungal and antiinflammatory cream. It contains active ingredients clotrimazole and hydrocortisone. Clotrimazole is classified under a group of medicines called imidazole antifungals which are used in the treatment of fungal skin infections.

Hydrocortisone belongs to the Corticosteroids group which reduces the swelling, redness and itching associated with inflammation of the skin.

External Use Only and should not be used in children under 2 years of age unless a doctor has advised to do so.

Ask your doctor or pharmacist if you have any questions about whether this medicine is suitable for you. Pharmacy Health Clotrimazole & Hydrocortisone Cream is not addictive.

Before you use Pharmacy Health Clotrimazole & Hydrocortisone Cream

When you must not use it

- Do not use Pharmacy Health Clotrimazole & Hydrocortisone Cream if you have an allergy to:**
- any medicine containing hydrocortisone or clotrimazole.
 - any of the ingredients listed.
 - any other similar medicines (such as medicines of the same class).

Some of the symptoms of an allergic reaction may 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

Do not use Pharmacy Health Clotrimazole & Hydrocortisone Cream if you have:

- a viral skin infection (such as cold sores, shingles or chicken pox).
- other types of skin infections such as acne, pruritis, rosacea, perioral dermatitis, lues (syphilis), tuberculosis (which very rarely can present as a skin infection, although normally a disease of the lungs)
- bacterial skin infection such as school sores.
- problems with your circulation.
- you have a reaction of the skin resulting from a vaccination.
- any other serious infections of the skin.

Do not use Pharmacy Health Clotrimazole & Hydrocortisone Cream after the expiry date printed on the pack or if the packaging is torn or shows signs of tampering.

If it has expired or is damaged, return it to your pharmacist for disposal.

Do not use Pharmacy Health Clotrimazole & Hydrocortisone Cream just before having a bath, shower or going swimming. If you do, you may reduce the effectiveness of Pharmacy Health Clotrimazole & Hydrocortisone Cream.

Do not use Pharmacy Health Clotrimazole & Hydrocortisone Cream in or near the eyes.

Do not use large amounts of Pharmacy Health Clotrimazole & Hydrocortisone Cream for a long time as this may increase the chance of side effects and the absorption through the skin.

Consult your doctor or pharmacist if you are concerned about the length of time you have been using Pharmacy Health Clotrimazole & Hydrocortisone Cream.

Do not treat or give Pharmacy Health Clotrimazole & Hydrocortisone Cream to others even if they have similar symptoms as yours unless your doctor or pharmacist tells you to.

In infants, do not fasten nappies too tightly over the treated area as this may increase the chance of side effects.

If you are not sure whether you should start Pharmacy Health Clotrimazole & Hydrocortisone Cream, contact your doctor or pharmacist.

Before you start to use it

Tell your doctor or pharmacist if:

- you have any allergies to any other medicines or any other substances, such as foods, preservatives or dyes.
- you are taking any medication containing corticosteroids for other conditions (e.g. asthma, arthritis, organ transplants).
- you have a serious illness affecting your immune system.
- you have had or have any other medical conditions, including receiving a transplanted organ or HIV.
- you have cuts or abrasions at or near the area to be treated as this may increase the chance of unwanted side effects.
- you are pregnant or intend to become pregnant.
- you are breastfeeding or intend to breastfeed.

Your doctor will discuss the risks and benefits of using Pharmacy Health Clotrimazole & Hydrocortisone Cream when pregnant or breastfeeding. **It is preferable to avoid the use of Pharmacy Health Clotrimazole & Hydrocortisone Cream during the first trimester of pregnancy.** Do not apply Pharmacy Health Clotrimazole & Hydrocortisone Cream to the breasts before breastfeeding.

If you have not told your doctor about any of the above, tell him before you use Pharmacy Health Clotrimazole & Hydrocortisone Cream.

Using other medicines

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

Some medicines and Pharmacy Health Clotrimazole & Hydrocortisone Cream may interfere with each other.

These include:

- Asthma medication.
- Medication for arthritis.
- Medication for a recent organ transplant you have received.
- Medication for the treatment of HIV.

These medicines may be affected by Pharmacy Health Clotrimazole & Hydrocortisone Cream or affect how well Pharmacy Health Clotrimazole & Hydrocortisone Cream works. You may need to use different amounts of your medicine, or you may need to use different medicines. Your doctor or pharmacist will advise you.

Your doctor or pharmacist may have more information on medicines to be careful with or avoid while using Pharmacy Health Clotrimazole & Hydrocortisone Cream.

How to use Pharmacy Health Clotrimazole & Hydrocortisone Cream

Pharmacy Health Clotrimazole & Hydrocortisone Cream is for external use only. Do not take the cream by mouth.

Before use, invert the cap over the end of the tube and press to pierce the seal on the tube. A small amount of Pharmacy Health Clotrimazole & Hydrocortisone Cream should be applied thinly and evenly by gently rubbing to the affected area(s) twice daily.

Apply enough cream to disappear into the skin without leaving any on the skin. Wash your hands after use, unless you are treating the hands.

Use only until inflammation, itching and redness have subsided, and not for more than 7 days (unless a doctor has told you to). Then use any other clotrimazole-only cream for 14 days after symptoms disappear to avoid recurrence of the infection.

Consult your doctor or pharmacist if you are unsure on how, and how long, to use the cream.

If the location of the skin condition is in an area normally covered with clothing, you should ensure that loose clothing is worn over the affected area to be treated.

If you use it less often 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.

How long should you use it for

You should use Pharmacy Health Clotrimazole & Hydrocortisone Cream for as long as your doctor or pharmacist tells you to. The usual treatment is up to 7 days.

If you use Pharmacy Health Clotrimazole & Hydrocortisone Cream for longer than your doctor or pharmacist tells you, the chance of side effects may increase.

You should apply a cream containing a single anti-fungal agent for an extra two weeks after the inflammation has subsided.

You must do this otherwise there might be a chance of the condition returning.

If you are not sure of how long you need to use Pharmacy Health Clotrimazole & Hydrocortisone Cream, talk to your doctor or pharmacist.

If you forget to use it

If it is almost time for your next application of Pharmacy Health Clotrimazole & Hydrocortisone Cream, skip the application you missed and apply the cream when you are next meant to.

Otherwise, use it as soon as you remember, and then go back to using your cream as you would normally. Do not use a double dose to make up for the dose that you missed.

If you have trouble remembering to use your medicine, ask your pharmacist for some hints.

If you overdose or swallow it

Immediately telephone your doctor or Poisons Information Centre (telephone 13 11 26) or go to casualty at your nearest hospital if you think that you, or anyone else may have used too much or swallowed Pharmacy Health Clotrimazole & Hydrocortisone Cream.

Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention. Keep this telephone number handy.

While you are using Pharmacy Health Clotrimazole & Hydrocortisone Cream

Things you must do

Tell your doctor(s) or pharmacist(s) who is treating you that you are using Pharmacy Health Clotrimazole & Hydrocortisone Cream.

If you feel that Pharmacy Health Clotrimazole & Hydrocortisone Cream is not helping your condition, tell your doctor or pharmacist.

Tell your doctor or pharmacist if for any reason, you have not used Pharmacy Health Clotrimazole & Hydrocortisone Cream exactly as prescribed.

Otherwise, your doctor or pharmacist may think that it was not effective and change your treatment unnecessarily.

Tell your doctor or pharmacist if you become pregnant while using Pharmacy Health Clotrimazole & Hydrocortisone Cream.

Things you must not do

Do not use Pharmacy Health Clotrimazole & Hydrocortisone Cream:

- under air-tight or water-proof dressings or on large areas of skin.
- in or near the eyes.
- to treat other complaints unless your doctor or pharmacist tells you to.
- for acne.
- on children under 2 years of age unless a doctor has told you to.
- for more than 7 days unless a doctor has told you to.
- in large amounts for a long time.

If you use large amounts for a long time, the chance of absorption through the skin and the chance of side effects may increase. Ask your doctor if you are concerned about the length of time you have been using Pharmacy Health Clotrimazole & Hydrocortisone Cream.

• on skin areas that rub together such as under the arm or in the groin area unless your doctor tells you to.

Do not wear tight fitting clothing in the area being treated with Pharmacy Health Clotrimazole & Hydrocortisone Cream.

Do not give Pharmacy Health Clotrimazole & Hydrocortisone Cream to anyone else, even if they have the same symptoms as yours.

Do not dilute Pharmacy Health Clotrimazole & Hydrocortisone Cream.

Things to be careful of

The ingredients in Pharmacy Health Clotrimazole & Hydrocortisone cream may affect the latex used in barrier contraceptives such as condoms and diaphragms.

If you experience blurred vision or other visual disturbances, speak to your doctor.

Side effects

Tell your doctor if you do not feel well while you are using Pharmacy Health Clotrimazole & Hydrocortisone Cream.

Pharmacy Health Clotrimazole & Hydrocortisone Cream helps most people with skin problems but it may have unwanted side effects in a few people.

All medicines can have side effects.

Sometimes they are serious, most of the time they are not. You may need medical treatment if you get some of these side effects.

Ask your doctor or pharmacist to answer any questions you may have.

Tell your doctor or pharmacist if you notice any of the following side effects near or on the area you apply Pharmacy Health Clotrimazole & Hydrocortisone Cream and they worry you.

Do not be alarmed by the list of side effects, which follows; you may not experience any of them.

- Drying, cracking, blistering, peeling, thinning, tightening or redness of the skin.
- Burning or stinging feeling on the skin.
- Bruising of the skin.
- Acne-type lumps on the skin.
- Itching or irritation of the skin.
- Changes to the colour of your skin.
- Rash or blisters.
- Skin condition getting worse.
- Other obvious unexpected changes to the skin area treated.

These side effects are usually mild.

Tell your doctor immediately or go to Accident and Emergency at your nearest hospital if you notice any of the following:

- if your skin condition gets worse or your skin becomes swollen during treatment, you may be allergic to the medicine, have an infection or need other treatment.
- wheezing, swelling of the lips/mouth, difficulty in breathing, hayfever, lumpy rash (hives) or fainting. These could be a symptom of an allergic reaction.

The above list includes very serious side effects. You may need urgent medical attention or hospitalisation.

Very rare side effects that may show up in blood tests or when your doctor gives you a medical examination:

- a decrease in the level of the hormone cortisol in your blood
- increased levels of sugar in your blood or urine
- high blood pressure
- cloudy lens in the eye (cataract)
- increased pressure in the eye (glaucoma)
- weakening of the bones through gradual loss of mineral (osteoporosis) - additional tests may be needed after your medical examination to confirm if you have this condition.

Other side effects not listed above may also occur in some patients.

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

Ask your doctor or pharmacist if you don't understand anything in this list.

After using Pharmacy Health Clotrimazole & Hydrocortisone Cream

Storage

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

Keep Pharmacy Health Clotrimazole & Hydrocortisone Cream away from children.

Do not store Pharmacy Health Clotrimazole & Hydrocortisone Cream or any other medicine in the bathroom or near a sink.

Do not leave it in the car or on windowsills.

Heat and dampness can destroy some medicines.

Do not refrigerate Pharmacy Health Clotrimazole & Hydrocortisone Cream.

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

Disposal

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

Product Description

Pharmacy Health Clotrimazole & Hydrocortisone Cream is a white odourless smooth cream.

Active and inactive ingredients

Pharmacy Health Clotrimazole & Hydrocortisone Cream contains:

Actives:
Clotrimazole 10 mg/g and Hydrocortisone Acetate 11.2 mg/g
Excipients:
Cetostearyl alcohol, Tricetarethyl-4-Phosphate, Medium Chain Triglycerides, Benzyl Alcohol and Purified Water.

Sponsor

AdiraMedica Pty Ltd
Level 1, 181 Bay Street,
Brighton 3186, Victoria, Australia.

Pharmacy Health Clotrimazole & Hydrocortisone Cream is distributed by:
Pharmacy Health
250 Camberwell Road,
Camberwell, Victoria 3124, Australia.

Date the CMI was last updated

This leaflet was prepared in November 2019.

AUST R 327706