

Canesten®

Cream

clotrimazole

PATIENT INFORMATION LEAFLET



PLEASE READ THIS LEAFLET CAREFULLY BEFORE USING CANESTEN® CREAM.

Fungal infections are very common and affect many people. Some of the most common fungal skin infections include athlete's foot, nappy rash, sweat rash and ringworm.

There are two main types of fungal infection:

- the tinea group, also known as dermatophytes.
- the candida group, also known as yeasts.

The tinea group includes athlete's foot and ringworm, both of which are spread easily by contact. Athlete's foot is often picked up in changing rooms while ringworm is usually passed on from animals to children. Ringworm is not actually a worm, its name comes from the circular worm-like shape that it forms on the skin. The main symptom for both is an itchy, scaly and irritating rash.

The candida group can be responsible for conditions such as nappy rash, sweat rash and thrush. The yeast fungus that causes these infections usually lives harmlessly on our skin. However, the natural balance that normally keeps it under control can be upset by factors such as sweating, tight or synthetic clothing and cosmetic preparations such as bath additives. When levels of the yeast increase,

the skin can develop the following symptoms: persistent burning and itching, redness, swelling and soreness.

WHAT DOES CANESTEN® CREAM CONTAIN?

The cream contains 1% of the active ingredient Clotrimazole Ph.Eur. Canesten Cream also contains benzyl alcohol, polysorbate 60, sorbitan stearate, cetyl palmitate, cetostearyl alcohol, octyldodecanol and purified water.

The cream comes in tubes of 20g and 50g. Clotrimazole is one of a group of medicines called imidazole antifungals, which are used to treat fungal skin infections.

Marketing Authorisation holder: Bayer plc, Consumer Care Division, Bayer House, Strawberry Hill, Newbury, Berkshire RG14 1JA, United Kingdom.

Manufacturer: Bayer AG, Leverkusen, Germany.

WHEN SHOULD I USE CANESTEN® CREAM?

The cream can be used to treat fungal skin infections such as ringworm, athlete's foot, fungal nappy rash and fungal sweat rash. It can also

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be used to relieve irritation of the vulva (external thrush) or the end of the penis, which may be associated with thrush.

If you are unsure whether you have one of these fungal skin infections, seek the advice of your doctor or pharmacist.

WHEN SHOULD I NOT USE CANESTEN® CREAM?

Do not use the cream if you have previously had an allergic reaction to clotrimazole or to any of the other ingredients in this product. If you are unsure about this, ask your doctor or pharmacist.

WHAT SPECIAL PRECAUTIONS SHOULD I TAKE?

If you are pregnant, breast-feeding or trying for a baby, tell your doctor before using Canesten Cream. If you have informed your doctor already, follow his/her instructions carefully.

Canesten Cream may reduce the effectiveness of rubber contraceptives, such as condoms or diaphragms. If you are using this cream on the vulva or penis you should take alternative contraceptive precautions for at least five days after using this product.

Canesten Cream is for **external** use only and should not be put in the mouth or swallowed. If it is swallowed accidentally, seek medical advice immediately.

HOW DO I USE CANESTEN® CREAM?

Before use, pierce the tube seal by inverting the cap over the end of the tube and press.

If the cream has been prescribed for you by your doctor, follow any instructions he/she may have given you.

If you have purchased this product without a prescription, carefully follow the directions below:

- Canesten Cream should be applied, thinly and evenly, to the affected area two or three times daily and rubbed in gently.
- If the feet are infected, they should be washed and dried thoroughly, especially between the toes, before applying the cream.
- The duration of treatment depends upon the type of infection. Generally a minimum of two weeks is required, although up to four weeks may be necessary.

The symptoms of your skin infection, such as itching or soreness, should improve within a few days of treatment although signs such as redness and scaling may take longer to disappear.

If symptoms persist, consult your doctor.

Your doctor or pharmacist may recommend that you use an antifungal dusting powder as well, particularly for treating athlete's foot.

You can help the treatment to work if you follow these simple self-help tips:

- Although the infected area will itch, try not to scratch. Scratching will damage the surface of the skin and cause the infection to spread further.
- Keep affected skin areas clean and dry, but avoid excessive rubbing.

WHAT SHOULD I DO IF I FORGET TO USE MY CANESTEN® CREAM?

Apply the cream as soon as possible and then continue the rest of your treatment as usual.

WHAT SIDE-EFFECTS MAY I EXPERIENCE?

As with other medicines, Canesten Cream may cause side effects in some people. You may experience a mild burning or irritation immediately after applying the cream. If you find this intolerable, stop treatment and ask your doctor for advice.

If you experience a rash or the itching worsens soon after you start using Canesten Cream, stop using it and tell your doctor immediately as you may be allergic to this product.

If your symptoms get worse or persist, or you feel you are reacting badly to this medicine in any other way, consult your doctor.

HOW SHOULD I STORE MY CANESTEN® CREAM?

Do not store the cream above 25°C.

Keep out of the reach and sight of children.

Do not use the cream after the expiry date, which is printed at one end of the carton and on the end of the tube.

If you find that you still have this medicine after its expiry date, return it to your local pharmacist who will dispose of it properly.

REMEMBER: If you have any doubts about using Canesten® Cream correctly, ask your pharmacist for advice.

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