
Information for the user



Haemorrhoid Relief Ointment (Lidocaine, Zinc Oxide)

Read all of this leaflet carefully because it contains important information for you.

This medicine is available without prescription to treat minor conditions. However, you still need to use it carefully to get the best results from it.

- Keep this leaflet, you may need to read it again
- Ask your pharmacist if you need more information or advice
- You must see a doctor if your symptoms do not go away within 14 days

What this medicine is for

This medicine contains two ingredients – Lidocaine, which is a local anaesthetic to reduce pain, and an astringent, Zinc Oxide, which helps relieve pain, soothe and protect sore skin.

The medicine can be used to relieve internal and external haemorrhoids (also known as piles), and to relieve itching and irritation around the anus.

Internal haemorrhoids appear inside the lower section of the bowel (rectum). External haemorrhoids appear outside the opening of the bowel (anus).

Before you use this medicine

This medicine can be used by adults and children aged 12 years and over. However, some people should not use this medicine or should seek the advice of their pharmacist or doctor first.

X Do not use:

- **If you are allergic** to any of the ingredients (see "What is in this medicine")

! Talk to your pharmacist or doctor:

- If you are pregnant

You can use this medicine if you are breastfeeding.

Other important information

When you have haemorrhoids you should try to avoid getting constipation as it can make the symptoms worse. If you need more advice about how to avoid constipation talk to your pharmacist.

✓ How to use this medicine

Check the tube seal is not broken before first use. If it is, do not use the ointment.

Pierce tube seal with end of cap. Wash your hands thoroughly before and after using the ointment. Apply only to the rectal and anal area.

Directions for use

For internal haemorrhoids: The product comes with an applicator for applying the ointment inside the bowel.

- Remove the cap of the tube
- Screw the nozzle onto the end of the tube

- Squeeze a small amount of ointment through the nozzle and rub it round the outside of the nozzle
- Insert the nozzle into the anal opening and gently squeeze a small amount of ointment inside the bowel (this is easier to do if you bend forward)
- After use remove the nozzle and replace the cap on the tube
- Wash the nozzle thoroughly with hot soapy water, rinse and dry
- Follow the instructions in the table on the back of the leaflet

For external haemorrhoids: Wet some cotton wool with warm water and gently clean the sore area. Carefully dry with fresh cotton wool and then apply the ointment.

Follow the instructions in the table on the back of the leaflet.

Age	What for	How much to use and how often
Adults and children of 12 years and over	Internal haemorrhoids	A small amount, morning and night and after each bowel movement. Repeat when you need to.
Adults and children of 12 years and over	External haemorrhoids	1 inch of ointment (2.5 cm), morning and night and after each bowel movement. Repeat when you need to.
Adults and children of 12 years and over	Anal itching	Apply a small amount to the anal area when you need to.

Do not use on children under 12 years, unless your doctor tells you to.

Do not use more than the amount recommended above.

If symptoms do not go away within 14 days talk to your doctor.

If you use too much or if anyone accidentally swallows some of the medicine: Talk to a doctor.

Possible side effects

Most people will not have problems, but some may get some of these:

! If you get any of these serious side effects, stop using the ointment and see a doctor:

- Skin rash, red or itchy skin (signs of allergic reaction)

If you get the following side effect see your pharmacist or doctor.

- Diarrhoea

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at: www.mhra.gov.uk/yellowcard. By reporting side effects you can help provide more information on the safety of this medicine.

How to store this medicine

Keep this medicine in a safe place out of the sight and reach of children, preferably in a locked cupboard.

Use by the date on the end flap of the carton or tube edge.

Do not Store above 25°C.

What is in this medicine

The ointment contains Lidocaine 0.6% w/w, Zinc Oxide 6.6% w/w, which are the active ingredients.

As well as the active ingredients, the ointment also contains yellow soft paraffin, light liquid paraffin, colloidal anhydrous silica.

The pack contains 25 g or 55 g of white ointment. The pack also contains a white plastic applicator which is used for treating internal haemorrhoids.

Who makes this medicine

Manufactured for the Marketing Authorisation holder The Boots Company PLC Nottingham NG2 3AA by BCM Ltd Nottingham NG2 3AA

Leaflet prepared July 2016

If you would like any further information about this medicine, please contact The Boots Company PLC Nottingham NG2 3AA

Other formats

To request a copy of this leaflet in Braille, large print or audio please call, free of charge:

0800 198 5000 (UK only)

Please be ready to give the following information:

Product name: Haemorrhoid Relief Ointment

Reference number: 00014/0448

This is a service provided by the Royal National Institute of Blind People.

Component code