



LAMISIL[®] AT
1% Gel
TERBINAFINE

LAMISIL AT 1% Gel is available in a 15 g aluminium screw cap tube.

For more information: Contact the Marketing Authorisation holder, Novartis Consumer Health, Horsham RH12 5AB.

LAMISIL AT 1% Gel is released onto the market by the Marketing Authorisation holder.

WHAT IS THIS MEDICINE FOR?

Terbinafine is an antifungal, and works by killing the fungi causing your skin problem. **LAMISIL AT 1% Gel** is used to treat the skin problems caused by fungi in athlete's foot (*tinea pedis*), dhotie itch/jock itch (*tinea cruris*) and ringworm (*tinea corporis*).

HOW DO YOU KNOW THAT YOU HAVE ONE OF THE ABOVE PROBLEMS?

ATHLETE'S FOOT:

Athlete's foot appears only on the feet (usually both, but not always), where it often appears in between the toes. It can also appear on the instep, soles, or other areas of the feet. The most common type of athlete's foot causes cracking or scaling of the skin, but you may also have mild swelling, blisters, or weeping ulcers.

LAMISIL AT 1% Gel is recommended for athlete's foot when it occurs between the toes.

If you have a fungal nail infection (fungus inside and under the nail) with discoloration of the nails and changes in nail texture (thick or flaky) you should consult the doctor because **LAMISIL AT 1% Gel** is not appropriate for this type of infection.

DHOBIE/JOCK ITCH:

Dhotie itch appears in the groin and inner thigh area, usually on both sides but often with one side more than the other, where it can spread further between the legs to the buttocks, or up towards the stomach. Dhotie itch looks like a clearly bordered rash, which may have blisters.

RINGWORM

Ringworm usually appears as circular, sharp-edged areas of red rash, with dry, scaly or crusty patches towards the edges. **LAMISIL AT 1% Gel** is suitable for ringworm occurring on the trunk of the body, legs, arm, neck or head (but not face).

IF YOU ARE NOT SURE ABOUT THE CAUSE OF YOUR INFECTION, PLEASE TALK TO YOUR PHARMACIST OR DOCTOR BEFORE USING THE GEL AND THEY WILL ADVISE YOU.

BEFORE USING THIS MEDICINE

Read the following information before using **LAMISIL AT 1% Gel**.

DO NOT USE **LAMISIL AT 1% Gel**

- If you suspect that you have had an allergic reaction to, or have been upset by any of the ingredients in this medicine (listed in What is **LAMISIL AT 1% Gel**?)

Tell your doctor or pharmacist if the above applies because **LAMISIL AT 1% Gel** is not suitable for you in these circumstances.

TAKE SPECIAL CARE WITH **LAMISIL AT 1% GEL**
LAMISIL AT 1% Gel is for external use only. Avoid contact of the gel with your eyes or face. Avoid application to damaged skin where alcohol could cause stinging or irritation.

If the gel accidentally gets into your eyes, rinse thoroughly with running water. Consult your doctor if any discomfort persists.

IF YOU ARE PREGNANT OR BREAST-FEEDING
If you are pregnant ask your doctor before using this medicine. Do not use if you are breast-feeding.

LAMISIL AT 1% GEL AND CHILDREN
LAMISIL AT 1% Gel is not recommended for children under 16 years of age.

TAKING OTHER MEDICINES
Do not apply other medicinal products on the treated areas.

PATIENT INFORMATION LEAFLET

LAMISIL AT 1% GEL **TERBINAFINE 1% w/w**

Fungal infections of the skin are common, and can cause real discomfort. **LAMISIL AT 1% Gel** has been developed to treat the fungal infections described below. By following the instructions carefully you will need to use the medicine for one week only.

Please read this leaflet carefully, and keep it until you have finished your medicine. If you need any other advice please ask your doctor or pharmacist.

WHAT IS **LAMISIL AT 1% GEL**?

LAMISIL AT 1% Gel is a gel containing 1.0% w/w of the active ingredient terbinafine. It is for application onto the skin.

LAMISIL AT 1% Gel also contains water, ethanol, isopropyl myristate, polysorbate 20, carbomer 974P, sorbitan laurate, benzyl alcohol, sodium hydroxide and butylated hydroxytoluene.

WHEN TO USE LAMISIL AT 1% GEL

Apply **LAMISIL AT 1% Gel** to the affected areas once a day, for one week.

You should not stop using the gel before the recommended time as this may allow the infection to return or reduce the successful cure rate.

HOW SHOULD YOU USE THIS MEDICINE?

LAMISIL AT 1% Gel is for external use only:

- Clean and dry the affected skin and surrounding areas, and wash your hands.
- Unscrew the cap, and if using for the first time, use the point in the cap to pierce the top of the tube, then gently squeeze the tube.
- Apply enough gel to put a thin layer on the infected skin and surrounding areas.
- Rub in gently.
- Replace the cap on the tube.
- Wash your hands after touching infected skin so that you do not spread the infection on yourself or to others.

When used between the toes or buttocks, or on the groin, the treated area may be covered with a light gauze strip, especially at night. If you do use gauze, use a fresh, clean gauze strip each time.

LAMISIL AT 1% Gel should start to improve your skin condition in a few days although full skin healing after the infection has cleared will take longer, up to 4 weeks, because of damage caused during infection.

You should not continue using the gel after the one-week treatment period. Even though you will not be using the gel during the second week, improvement should continue. If you have not noticed any signs of improvement within 2 weeks of first starting treatment, please see your doctor or pharmacist who will advise you.

TO HELP WITH TREATMENT

Treatment can be helped by keeping the affected areas clean by regular washing, and careful drying without rubbing. Scratching the area, although it may be itchy, could cause further damage and slow the healing process or spread the infection.

Because these infections can be passed on to other people, it is helpful to keep your own towel and clothes, which are not shared by others. To protect yourself from re-infection, these should be washed frequently.

WHAT IF YOU ACCIDENTALLY SWALLOW THE GEL?

If **LAMISIL AT 1% Gel** is accidentally swallowed, please tell your doctor who will advise you, or go to your nearest Casualty Department.

WHAT IF YOU FORGET TO USE THE GEL?

If you forget an application, apply it as soon as possible and then carry on as normal. If you only remember at the time of the next application, just apply that application and then carry on as normal. It is important to try to use the gel at the correct times as missing applications could risk the infection returning.

ARE THERE ANY SIDE EFFECTS?

All medicines can cause problems in some people, and it is important to note the following:

LAMISIL AT 1% Gel can occasionally cause redness, stinging or itching after use.

In rare instances people may be allergic to the gel, which could cause swelling and pain or rashes. If you notice these particular symptoms, stop using the gel and tell your doctor or pharmacist.

If you notice any unusual effects after using the gel, it is important that you tell your doctor or pharmacist.

STORING YOUR MEDICINE

Keep all medicines in a safe place away from children.

Replace the cap on the tube after use.

Do not store above 30°C.

Do not use or keep this medicine after the Use-By (EXP) date shown on the box and on the tube.