

# Hydroform Cream 1%

Hydrocortisone (microfine) 1% w/w and clioquinol 1% w/w

## Consumer Medicine Information

### What is in this leaflet?

This leaflet answers some common questions about Hydroform Cream 1%. It does not contain all the available information.

It does not take the place of talking to your doctor.

All medicines have benefits and risks. Your doctor has weighed the benefits of you using Hydroform Cream 1% against the risks he expects it may have for you.

**If you have any concerns about this medicine, ask your doctor.**

**Keep this leaflet with your medicine.**

You may need to read it again.

### What is Hydroform Cream 1% and what is it used for?

Hydroform Cream 1% contains hydrocortisone (it belongs to the group of medicines called corticosteroids) and clioquinol (it belongs to a group of medicines called antimicrobials).

Hydroform Cream 1% is used on the skin to relieve the redness, swelling, itching and discomfort of many skin problems such as:

- inflammatory, itchy and allergic disorders of the skin.
- atopic, contact or seborrhoeic dermatitis.
- intertrigo.

Your doctor may have prescribed Hydroform Cream 1% for another purpose. Ask your doctor if you have any questions about why Hydroform Cream 1% has been prescribed for you.

Hydroform Cream 1% is not addictive.

Hydroform Cream 1% is only available with a doctor's prescription.

### Before you use Hydroform Cream 1%

*When you must not use it*

**Do not use Hydroform Cream 1% if:**

- you have an allergy to Hydroform Cream 1% or any of the ingredients in Hydroform Cream 1% listed at the end of this leaflet.
- you are allergic to iodine or other medicines that contain iodine.
- you have lesions of the eye.
- you have tuberculosis of the skin and other primary infections of the skin.
- you have a viral skin infection (such as cold sores, shingles or chicken pox).
- you have other skin infections caused by a bacterial species known as 'Pseudomonas'.
- you have rosacea (a facial skin condition).
- you have acne.
- you have itchy skin (pruritis) which is not inflamed.
- you are a child under 12 years of age.

**Ask your doctor if you are not sure if any of the above apply to you.**

**Do not use Hydroform Cream 1% just before having a bath, shower or going swimming.**

If you do, you may reduce the effectiveness of Hydroform Cream 1%.

**Do not use Hydroform Cream 1% if the packaging is torn or shows signs of tampering.**

**Do not use Hydroform Cream 1% if the expiry date (EXP) printed on the pack has passed.**

If you use this medicine after the expiry date has passed, it may not work as well.

**If you are not sure whether you should start taking Hydroform Cream 1%, contact your doctor.**

*Before you start to use it*

The use of Hydroform Cream 1% in large amounts or for long periods of time should be avoided as it may result in absorption into your body (systemic absorption). Your doctor may wish to monitor you for signs of this.

Applying Hydroform Cream 1% for a long period of time or repeated courses of treatment may make your skin sensitive to your medicine.

Bacterial infections are encouraged by warm, moist conditions (e.g. in skin folds, or under skin dressings). If dressings are being used, the skin should be cleansed before a fresh dressing is applied.

Take care if Hydroform Cream 1% is applied to the face over a long period of time it may cause skin thinning.

Take care if applying Hydroform Cream 1% to the eyelids to make sure it does not get into your eye.

Take care if you are using Hydroform Cream 1% to treat skin around a leg ulcer as the use of topical corticosteroids may increase the risk of an allergic reaction or an infection around the ulcer.

This medicine may stain hair, skin, nails or fabric. You may cover the area with a light permeable dressing to prevent staining.

Do not dilute Hydroform Cream 1%.

**If you are not sure if any of the above apply to you, talk to your doctor.**

**Tell your doctor if:**

- you have diabetes mellitus.
- you have impaired kidney or liver function or if you are elderly.  
Your doctor will discuss with you how the minimum quantity of Hydroform Cream 1% should be used for the shortest period to achieve the desired clinical benefit.
- you are pregnant or intend to become pregnant.  
Your doctor will discuss the risks and benefits of using Hydroform Cream 1% when pregnant.
- you are breast-feeding or intend to breast-feed.  
Your doctor will discuss the risks and benefits of using Hydroform Cream 1% when breast-feeding. Do not apply Hydroform Cream 1% to the breasts before breast-feeding.
- you plan to have thyroid function test.

**If you have not told your doctor about any of the above, tell him/her before you use Hydroform Cream 1%.**

## *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.**

These medicines may affect how well Hydroform Cream 1% works.

You may need to use different amounts of your medicine, or you may need to use different medicines. Your doctor will advise you.

Your doctor may have more information on medicines to be careful with or avoid while using Hydroform Cream 1%.

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## How to use Hydroform Cream 1%

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**Hydroform Cream 1% is for external use only.**

**Follow all directions given to you by your doctor carefully.**

These directions may differ from the information contained in this leaflet.

If you do not understand the instructions on the box, tube or this leaflet, ask your doctor for help.

Gently rub a small quantity of Hydroform Cream 1% into the affected area and surrounding skin three or four times daily in a thin layer.

**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. Air-tight or water-tight dressings should normally be avoided.**

**It is important to use Hydroform Cream 1% exactly as your doctor has told you.**

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.

**Use Hydroform Cream 1% at the same time every day.**

*How long should you use it for*

**You should use Hydroform Cream 1% for as long as your doctor tells you to. Treatment should not be continued for longer than 7 days without medical supervision or re-evaluation.**

If you use Hydroform Cream 1% for longer than your doctor tells you, the chance of side effects may increase.

You should contact your doctor if your condition does not improve after 7 days.

**If you are not sure of how long you need to use Hydroform Cream 1%, talk to your doctor.**

*If you forget to use it*

**If it is almost time for your next application of Hydroform Cream 1%, 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 use too much (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 swallowed Hydroform Cream 1%. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention. Keep this telephone number handy.**

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## While you are using Hydroform Cream 1%

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### *Things you must do*

**Tell your doctor(s) who is treating you that you are using Hydroform Cream 1%.**

**Contact your doctor if you think that your condition / infection is not getting any better or appears worse.**

**Tell your doctor if for any reason, you have not used Hydroform Cream 1% exactly as prescribed.** Otherwise, your doctor may think that it was not effective and change your treatment unnecessarily.

**If you become pregnant or intend to become pregnant while using Hydroform Cream 1%, tell your doctor.**

### *Things you must not do*

**Do not use Hydroform Cream 1%:**

- under dressings or on large areas of skin unless your doctor tells you.
- to treat other complaints unless your doctor tells you to.

**Do not give Hydroform Cream 1% to anyone else, even if they have the same symptoms as yours.**

### *Things to be careful of*

**Do not use large amounts of Hydroform Cream 1% 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 Hydroform Cream 1%.

**Do not use Hydroform Cream 1% 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 Hydroform Cream 1%.**

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## Side effects

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**Tell your doctor if you do not feel well while you are using Hydroform Cream 1%.**

Hydroform Cream 1% 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 to answer any questions you may have. Stop using Hydroform Cream 1% and tell your doctor as soon as possible if:**

- your skin condition gets worse or your skin becomes swollen during treatment. You may be allergic to the medicine or need other treatment.

**Tell your doctor if you notice any of the following side effects near or on the area you apply Hydroform Cream 1% and they worry you:**

- drying, cracking, blistering, peeling, thinning, tightening, burning or redness of the skin.
- bruising or pain of the skin.
- acne-type lumps on the skin.
- rash or hives on the skin.
- itching or irritation of skin & loss or change of skin colour.
- infection of the hair follicles.
- softening or whitening of the skin.
- deterioration of your skin condition.
- secondary infections.
- stretch marks or stripes on the skin.
- abnormal hair growth.

- changes in weight or slow growth in children, 'cushingoid features' (e.g. moon face, central obesity), high blood sugar or blood glucose, high blood pressure, osteoporosis, cataract, glaucoma or steroid withdrawal symptoms. These are side-effects associated with hypothalamic-pituitary adrenal (HPA) axis suppression that your doctor may wish to monitor.

- discolouration of the hair.

These side effects are usually mild.

**Other side effects not listed above may also occur in some patients. Tell your doctor if you notice anything else that is making you feel unwell.**

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

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

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## After using Hydroform Cream 1%

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### *Storage*

**Keep Hydroform Cream 1% in a cool dry place where the temperature stays below 30°C.**

**Do not store Hydroform Cream 1% 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 or freeze Hydroform Cream 1%.**

**Keep Hydroform Cream 1% where young children cannot reach it.**

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

## *Disposal*

**If your doctor tells you to stop using Hydroform Cream 1% or it has passed its expiry date, ask your pharmacist what to do with any that is left over.**

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AUST R 10317

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## Product Description

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### *What it looks like*

Hydroform Cream 1% is a smooth, white cream, which is available in a 30 or 60 gram tube in a carton. It is normal for the cream to change from a white to a yellow colour when exposed to air.

### *Ingredients*

The active ingredients in Hydroform Cream 1% are Hydrocortisone 1% and Clioquinol 1%.

Hydroform Cream 1% also contains the following inactive ingredients:

- cetomacrogol 1000
- glycerin
- cetostearyl alcohol
- light liquid paraffin
- white soft paraffin
- propylene glycol
- chlorocresol 0.1% (as a preservative)
- lactic acid
- sodium hydroxide
- purified water

Hydroform Cream 1% does not contain lanolin, paraben preservatives or fragrances and washes off with water.

### *Supplier*

Hydroform Cream 1% is supplied in Australia by:

**GlaxoSmithKline Australia Pty Ltd**

Level 4

436 Johnston Street

Abbotsford

Victoria 3067

Australia