

Zatamil

Mometasone furoate 0.1% w/w

Consumer Medicine Information

What is in this leaflet

This leaflet answers some common questions about Zatamil.

It does not contain all the available information.

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

All medicines have risks and benefits. Your doctor has weighed the risks of you using Zatamil against the benefits he expects it will 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 Zatamil used for?

The name of this medicine is Zatamil. It contains the active ingredient called mometasone furoate.

Zatamil is a type of cortisone and belongs to the group of medicines called corticosteroids.

There are three dosage forms of Zatamil: gel, ointment and lotion.

Zatamil lotion is formulated for easier application to the scalp and other hairy parts of the body.

Zatamil is used on the skin to relieve the redness, swelling, itching and discomfort of many skin problems such as:

- **psoriasis**
(a stubborn skin disorder with raised, rough, reddened areas covered with dry, fine silvery scales)
- **eczema**
(an often itchy skin condition with redness, swelling, oozing of fluid, crusting which may lead to scaling)
- **other types of dermatitis**

Your doctor, however, may have prescribed Zatamil for another purpose. Ask your doctor if you have any questions about why Zatamil has been prescribed for you.

Zatamil is available only with a doctor's prescription.

Zatamil is not addictive.

Before you use Zatamil

When you must not use Zatamil

1. **Do not use Zatamil if you have had an allergic reaction to :**
 - mometasone furoate
 - any other corticosteroids
 - any of the ingredients in Zatamil listed at the end of this leaflet
2. **Do not use Zatamil:**
 - **if you have a viral skin infection (such as cold sores, shingles or chicken pox)**
 - **if you have a fungal skin infection (such as thrush, tinea or ringworm)**
 - **on acne**
 - **for inflammation around the mouth**
 - **for skin conditions with ulcers**
 - **for tuberculosis of the skin**

Check with your doctor that you do not have any of these conditions.

Before you start to use Zatamil

Tell your pharmacist or doctor :

- **If you have any allergies to any other medicines**
- **If you have allergies to any other substances, such as foods, preservatives or dyes.**

Tell your doctor:

- **if you are pregnant, intend to become pregnant or are breast feeding**
Your doctor will tell you if you can use Zatamil during pregnancy or while you are breast feeding.
Do not apply Zatamil to the breasts before breast feeding.

Using other medicines

Tell your pharmacist or doctor if you are using other creams, ointments or lotions or taking any medicine.

This includes any medicines that you buy without a prescription from a pharmacy, supermarket or health food shop.

How to use Zatamil

How to use Zatamil:

Apply a light film of Zatamil Hydrogel or Ointment or a few drops of Zatamil Lotion to the affected area once a day and rub in lightly.

If you do not understand the instructions on the box/bottle, ask your pharmacist or doctor for help.

It is important to use Zatamil 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.

How long to use Zatamil

Do not use Zatamil for more than four weeks unless your doctor has told you to use it longer.

If you are not sure how long to use Zatamil, talk to your doctor. If you use Zatamil for longer than you have been told, the chance of side effects may increase.

If you forget to use Zatamil:

If you forget to apply Zatamil, use it as soon as you remember, and then continue using it at the usual time each day.

However, if it is almost time for your next application, skip the one you missed and continue with your regular schedule at the usual time.

Apply the same amount of Zatamil as usual. Do not apply more Zatamil to make up for the amount you missed.

If you swallow Zatamil:

Zatamil must not be swallowed or taken internally. It is for use on the skin only.

If anyone accidentally swallows Zatamil - Immediately telephone your doctor or Poisons Information Centre (telephone: 13 11 26 Australia), or go to Casualty at your nearest hospital.

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

While you are using Zatamil

Things you must do

- **Tell all doctors and pharmacists who are treating you that you are using Zatamil.**
- **If your condition does not improve after one week of using Zatamil daily, tell your pharmacist or doctor.**

Tell your pharmacist or doctor if, for any reason, you have not used the medicine exactly as prescribed. Otherwise, your pharmacist or doctor may think that the Zatamil was not effective and change your treatment unnecessarily.

- **If your skin condition worsens or becomes infected, tell your doctor.**
- **If you become pregnant while using Zatamil, tell your doctor.**

Things you must not do

- **Do not use Zatamil under dressings or on large areas of skin, particularly in infants and children, unless your doctor tells you.**
- **Do not use Zatamil under a nappy or under plastic pants, in the case of infants or young children, unless the doctor tells you.**
- **Do not use Zatamil in or around the eyes.**
- **Do not use Zatamil on anyone else, even if they appear to have the same symptoms as yours.**
- **Do not use Zatamil to treat other complaints unless your doctor tells you to.**
- **Do not use Zatamil just before having a bath, shower or going swimming. If you do, you may reduce the effectiveness of Zatamil.**
- **Do not use Zatamil if the packaging is torn or shows signs of tampering.**
- **Do not use Zatamil 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).**

Things to be careful of

- **Do not use large amounts of Zatamil 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 increase.

Ask your pharmacist or doctor if you are concerned about the length of time you have been using Zatamil.

- **Do not use Zatamil on skin areas that rub together, such as under the arm or in the groin area, unless your doctor has told you to apply it there.**
- **Do not use Zatamil on your face unless your doctor has told you to.**

Side effects

Zatamil helps most people with skin problems but it may have unwanted side effects in a few people.

If they occur, most side effects are likely to be minor and temporary. However, some may be serious and need medical attention.

Zatamil is generally well tolerated.

Tell your doctor or pharmacist if you notice any of the following and they worry you:

- itching
- burning
- tingling/stinging
- thinning of the skin
- appearance of small blood vessels on the surface of the skin
- stretch marks or streaks on the skin
- acne/pimples/lumps on the skin/blisters containing pus
- redness
- boils/abscesses
- dermatitis
- increased size of affected area / worsening of disease
- numbness
- dry skin
- inflamed hair roots.

Tell your doctor if you notice anything else that is making you feel unwell while using Zatamil, even if you do not think the problems are connected with the medicine or are not listed in this leaflet.

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

Do not be alarmed by this list of possible side effects. You may not experience any of them.

After using Zatamil

Storage

Zatamil Hydrogel

- **Keep Zamil Hydrogel in a dry place where the temperature stays below 25°C.**

Zatamil Ointment

- **Keep Zamil Ointment in a dry place where the temperature stays below 25°C.**

Zatamil Lotion

- **Keep Zamil Lotion in a cool dry place where the temperature stays below 25°C. Do not refrigerate.**

Do not store Zamil in the car or on window sills, where it can get very hot, as this may destroy the medicine.

- **Keep Zamil where young children cannot reach it. Keep the medicine away from pets.**

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 Zamil or it has passed its expiry date, ask your pharmacist what to do with any product that is left over.

Product description

What Zamil looks like:

- **Zamil Hydrogel:**
A clear colourless soft gel packed in a 5g, 15g, and 45g tube.
- **Zamil Ointment:**
White to off-white ointment packed in a 5g, 15g, and 45g tube.
- **Zamil Lotion:**
A light clear lotion packed in a 30mL dropper bottle.

Ingredients:

Zamil Hydrogel contains:

- Mometasone furoate
- Hexylene Glycol

- Purified Water
- Hypromellose
- Citric acid

Zamil Lotion contains:

- Mometasone furoate
- Industrial methylated spirits
- Propylene glycol
- Purified water
- Hypromellose
- Citric acid (anhydrous)

Zamil Ointment contains:

- Mometasone furoate
- Soft white paraffin
- Light liquid paraffin
- Hexylene glycol
- Polyethylene
- Cetostearyl alcohol
- Purified water
- Silica (colloidal anhydrous)
- Citric acid (anhydrous)

Manufacturer / Distributor / Supplier

Manufactured and distributed in Australia by:

Ego Pharmaceuticals Pty Ltd
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Australian Registration Numbers

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