

Hysoderm cream

Contains the active ingredient hydrocortisone acetate

Consumer Medicine Information

What is in this leaflet

This leaflet answers some common questions about Hysoderm cream. It does not contain all the available information. It does not take the place of talking to your doctor or pharmacist.

All medicines have risks and benefits. Your doctor or pharmacist has weighed the risks of you using Hysoderm cream against the benefits this medicine is expected to have for you.

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

Keep this leaflet with the medicine.

You may need to read it again.

What Hysoderm cream is used for

Hysoderm cream contains the active ingredient hydrocortisone acetate. This is a type of cortisone and belongs to the group of medicines called corticosteroids.

Hysoderm cream is a topical therapy for non-infected inflammatory conditions of the skin.

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

- itching and rashes due to eczema or dermatitis
- rashes due to soap, detergent, cosmetics or jewellery
- insect bites
- itching anal and genital areas not due to infection
- sunburn.

Ask your pharmacist or doctor if you have any questions about why Hysoderm cream has been recommended or prescribed for you.

Your pharmacist or doctor may have recommended Hysoderm cream for another reason.

Hysoderm cream is only available from your pharmacist.

Before you use Hysoderm cream

When you must not use it

Do not use Hysoderm cream if you have an allergy to:

- any medicine containing hydrocortisone acetate
- any of the ingredients in Hysoderm cream listed at the end of this leaflet.

Do not use Hysoderm cream on:

- untreated bacterial infections
- parasitic skin infections (such as scabies)
- viral skin infection (such as herpes simplex, cold sores, shingles or chicken pox)
- tuberculous conditions of the skin
- vaccinia (cowpox: a viral disease passed from cattle)
- varicella (a rare form of chicken pox)
- acne or rosacea
- cuts or open wounds.

Do not use Hysoderm cream on psoriasis unless recommended by your doctor.

Hysoderm cream should not be used if you suffer from poor circulation of blood in the skin region, as it may result in skin ulcers.

Do not use under occlusive dressings or waterproof bandages unless a doctor has told you to.

Ask your doctor (or pharmacist) to be sure that you do not have any of these conditions.

Do not use Hysoderm cream after the expiry date printed on the pack.

It may have no effect at all, or worse, it may give an entirely unexpected effect if you use after the expiry date.

Do not use Hysoderm cream if the packaging shows sign of tampering or the seal on the tube is broken, or if the product does not look quite right.

If you are not sure whether you should start using this medicine, talk to your doctor or pharmacist.

Before you start to use it

Tell your doctor or pharmacist if you have allergies to any other medicines, foods, preservatives or dyes.

Tell your doctor or pharmacist if you have any of the following medical conditions:

- diabetes
- problems with your immune system.

Tell your doctor or pharmacist if you are pregnant or plan to become pregnant or are breast-feeding.

Your doctor or pharmacist will discuss the risks and benefits of using Hysoderm cream when pregnant or breastfeeding.

If Hysoderm cream is to be applied to the breast, do not apply the cream to the breast before breast feeding. Ensure that the breast area is free of the cream before breastfeeding.

Do not use in children under 2 years unless your doctor tells you to do so.

Using other medicines

Tell your doctor or pharmacist if you are using other creams, ointments or lotions or taking any medicines, including any that you get without a prescription from your pharmacy, supermarket or health food shop.

Some medicines may interfere with Hysoderm cream if it is used excessively or for prolonged periods. Some of these medicines include medicines to treat epilepsy, diuretics, oral contraceptive pills and immunosuppressants.

Your doctor or pharmacist have more information on medicines that may interfere with Hysoderm cream.

If you have not told your doctor or pharmacist about any of the above, tell them before you start using Hysoderm cream.

How to use Hysoderm cream

Follow all directions given to you by your doctor or pharmacist carefully.

They may differ from the information contained in this leaflet.

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

How to use it

Apply a thin layer to affected areas two to four times a day or as directed. Rub in gently. Reduce the number of applications as the disorder subsides.

Do not apply this cream under occlusive dressings or waterproof bandages unless on the advice of a doctor.

It is important to use Hysoderm cream exactly as your doctor or pharmacist has told you.

If you use it less 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 it

Do not use Hysoderm cream for more than 7 days except on the advice of a doctor. If your condition persists, see your pharmacist or doctor.

Reduce the number of applications as the disorder subsides.

If you use Hysoderm cream for a long time, the chance of side effects increases.

If you forget to use it

If you forget to use Hysoderm cream, use it as soon as you remember and then go back to your normal times for applying Hysoderm cream.

Do not try to make up for the amount you missed by using more than you normally use.

If you are not sure what to do, ask your doctor or pharmacist.

If you swallow it

Immediately telephone your doctor or Poisons Information Centre (phone 13 11 26) or go to the accident and emergency centre at your nearest hospital if anyone swallows Hysoderm cream.

While you are using Hysoderm cream

Things you must do

Tell all your doctors and pharmacists who are treating you that you are using Hysoderm cream.

Tell your doctor if you feel that Hysoderm cream is not helping your condition.

Tell your doctor if you become pregnant while using Hysoderm cream.

Things you must not do

Do not use Hysoderm cream in or near the eyes.

Do not use Hysoderm cream under dressings or on large areas of skin unless your doctor tells you.

Do not give Hysoderm cream to anyone else even if their symptoms seem similar to yours.

Do not use Hysoderm cream to treat other conditions unless your doctor tells you.

Your doctor or pharmacist has recommended Hysoderm cream especially for you and your

condition. If you use it for another condition, it may not work or make the condition worse.

Things to be careful of

Do not use large amounts of Hysoderm cream for a long time.

If you use large amounts for long time, the chance of systemic absorption through the skin and the chance of side effects increase.

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

Only use Hysoderm cream under the arm or in the groin if your doctor tells you.

Side effects

Tell your doctor or pharmacist if you do not feel well while you are using Hysoderm cream.

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

Side effects reported by some people using Hysoderm cream include:

- itching
- burning
- dryness
- acne-form eruptions
- thinning of the skin.

In addition to the above side effects, prolonged or over-use of this product may cause the following side effects in some people:

- high blood pressure
- elevated cholesterol and triglyceride levels in the blood
- cataracts
- glaucoma.

Hysoderm cream may cause other side effects. If you have any other side effects, check with your doctor.

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

After using Hysoderm cream

Storage

Keep Hysoderm cream 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.

Keep Hysoderm cream in a cool dry place where the temperature stays below 25°C.

Do not leave Hysoderm cream in the car or on windowsills.

Heat can destroy some medicines.

Disposal

If your doctor tells you to stop using Hysoderm cream or the expiry date has passed, ask your pharmacist what to do with any Hysoderm cream that is left over.

Product description

What it looks like

Hysoderm cream is a soft white cream that is packed in 30g tubes.

Ingredients

Hysoderm cream contains 1% w/w or 10 mg/g of hydrocortisone acetate as the active ingredient.

Hysoderm cream also contains the following inactive ingredients:

- soft white paraffin
- liquid paraffin
- cetomacrogol 1000
- cetostearyl alcohol
- chlorocresol (preservative)
- anhydrous citric acid
- sodium citrate dihydrate
- purified water.

Sponsor

Alphapharm Pty Limited

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