

APOHEALTH HYDROCORTISONE 1% CREAM

Consumer Medicine Information (CMI) summary

The [full CMI](#) on the next page has more details. If you are worried about using this medicine, speak to your doctor or pharmacist.

1. Why am I using APOHEALTH Hydrocortisone 1% Cream?

APOHEALTH Hydrocortisone 1% Cream contains the active ingredient hydrocortisone acetate. APOHEALTH is a topical corticosteroid therapy for non-infected inflammatory conditions of the skin. APOHEALTH Hydrocortisone 1% Cream is used on the skin to relieve the redness, swelling, itching and discomfort of skin problems such as rashes due to eczema, dermatitis, soap, detergent, cosmetics, jewellery, insect bites, itching anal and genital areas not due to infection, and sunburn.

For more information, see Section [1. Why am I using APOHEALTH Hydrocortisone 1% Cream?](#) in the full CMI.

2. What should I know before I use APOHEALTH Hydrocortisone 1% Cream?

Do not use if you have ever had an allergic reaction to hydrocortisone acetate or any of the ingredients listed at the end of the CMI.

Talk to your doctor or pharmacist if you have any other medical conditions, take any other medicines, or are pregnant or plan to become pregnant or are breastfeeding.

For more information, see Section [2. What should I know before I use APOHEALTH Hydrocortisone 1% Cream?](#) in the full CMI.

3. What if I am taking other medicines?

Some medicines may interfere with APOHEALTH Hydrocortisone 1% Cream and affect how it works.

A list of these medicines is in Section [3. What if I am taking other medicines?](#) in the full CMI.

4. How do I use APOHEALTH Hydrocortisone 1% Cream?

- 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.

More instructions can be found in Section [4. How do I use APOHEALTH Hydrocortisone 1% Cream?](#) in the full CMI.

5. What should I know while using APOHEALTH Hydrocortisone 1% Cream?

Things you should do	<ul style="list-style-type: none">• Remind any doctor or pharmacist you visit that you are using APOHEALTH Hydrocortisone 1% Cream.• 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 or have had any other medical conditions.• Tell your doctor or pharmacist if you are pregnant or plan to become pregnant or are breastfeeding.
Things you should not do	<ul style="list-style-type: none">• Do not use APOHEALTH Hydrocortisone 1% Cream on psoriasis unless recommended by your doctor.• APOHEALTH Hydrocortisone 1% 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 occlusive dressings or waterproof bandages unless a doctor has told you to.
Looking after your medicine	<ul style="list-style-type: none">• Keep APOHEALTH Hydrocortisone 1% Cream in a cool dry place where the temperature stays below 25 °C.

For more information, see Section [5. What should I know while using APOHEALTH Hydrocortisone 1% Cream?](#) in the full CMI.

6. Are there any side effects?

Common side effects include itching, burning, dryness and acne-form eruptions. Prolonged or over-use of this medicine may cause other side effects including high blood pressure.

For more information, including what to do if you have any side effects, see Section [6. Are there any side effects?](#) in the full CMI.

APOHEALTH HDROCORTISONE 1% CREAM

Active ingredient: *hydrocortisone acetate*

Consumer Medicine Information (CMI)

This leaflet provides important information about using APOHEALTH Hydrocortisone 1% Cream. You should also speak to your doctor or pharmacist if you would like further information or if you have any concerns or questions about using APOHEALTH Hydrocortisone 1% Cream.

Where to find information in this leaflet:

- [1. Why am I using APOHEALTH Hydrocortisone 1% Cream?](#)
- [2. What should I know before I use APOHEALTH Hydrocortisone 1% Cream?](#)
- [3. What if I am taking other medicines?](#)
- [4. How do I use APOHEALTH Hydrocortisone 1% Cream?](#)
- [5. What should I know while using APOHEALTH Hydrocortisone 1% Cream?](#)
- [6. Are there any side effects?](#)
- [7. Product details](#)

1. Why am I using APOHEALTH Hydrocortisone 1% Cream?

APOHEALTH Hydrocortisone 1% Cream contains the active ingredient hydrocortisone acetate. APOHEALTH Hydrocortisone 1% Cream is a type of cortisone and belongs to the group of medicines called corticosteroids. It is available as a cream. APOHEALTH Hydrocortisone 1% Cream is used for non-infective inflammatory conditions of the skin e.g. eczema, dermatitis.

APOHEALTH Hydrocortisone 1% Cream is used on the skin to relieve the redness, swelling, itching and discomfort of skin problems such as rashes due to eczema, dermatitis, soap, detergent, cosmetics, jewellery, insect bites, itching anal and genital areas not due to infection, and sunburn.

2. What should I know before I use APOHEALTH Hydrocortisone 1% Cream

Warnings

Do not use APOHEALTH Hydrocortisone 1% Cream if you:

- are allergic to hydrocortisone acetate, or any of the ingredients listed at the end of this leaflet.
- have untreated bacterial infections

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

Do not use APOHEALTH Hydrocortisone 1% Cream on psoriasis unless recommended by your doctor

APOHEALTH Hydrocortisone 1% 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 occlusive dressings or waterproof bandages unless a doctor has told you to.

Check with your doctor or pharmacist to be sure that you do not have any of these conditions.

Do not use APOHEALTH Hydrocortisone 1% 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 APOHEALTH Hydrocortisone 1% 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.

Check your doctor or pharmacist to be sure that you do not

- have any other medical conditions such as diabetes or problems with your immune system
- have serious eye conditions including cataract, glaucoma or central serous chorioretinopathy (CSCR).
- have any other health problems.

During treatment, you may be at risk of developing certain side effects. It is important you understand these risks and how to monitor for them. See additional information under Section [6. Are there any side effects?](#)

Pregnancy and breastfeeding

Check with your doctor or pharmacist if you are pregnant or intend to become pregnant.

Talk to your doctor or pharmacist if you are breastfeeding or intend to breastfeed.

If APOHEALTH Hydrocortisone 1% 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.

Use in children

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

3. What if I am taking other medicines?

Tell your doctor or pharmacist if you are taking any other medicines, including any medicines, vitamins or supplements that you buy without a prescription from your pharmacy, supermarket or health food shop.

Some medicines may interfere with APOHEALTH Hydrocortisone 1% 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 has a list of medicines that may interfere with APOHEALTH Hydrocortisone 1% Cream.

Check with your doctor or pharmacist if you are not sure about what medicines, vitamins or supplements you are taking and if these affect APOHEALTH Hydrocortisone 1% Cream.

4. How do I use APOHEALTH Hydrocortisone 1% Cream?

How much to use

- 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 APOHEALTH Hydrocortisone 1% 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.

When to use APOHEALTH Hydrocortisone 1% Cream

- APOHEALTH Hydrocortisone 1% Cream at the same time every day.

How long to use it

- Do not use APOHEALTH Hydrocortisone 1% 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 APOHEALTH Hydrocortisone 1% Cream for a long time, the chance of side effects increases.

If you forget to use it

If you forget to use APOHEALTH Hydrocortisone 1% Cream, use it as soon as you remember and then go back to your normal times for applying APOHEALTH Hydrocortisone 1% Cream.

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

If you swallow or use too much APOHEALTH Hydrocortisone 1% Cream

You should immediately:

- phone the Poisons Information Centre (by calling 13 11 26), or
- contact your doctor, or
- go to the Emergency Department at your nearest hospital.

You should do this even if there are no signs of discomfort or poisoning.

5. What should I know while using APOHEALTH Hydrocortisone 1% Cream?

Things you should do

- Tell all your doctors and pharmacists who are treating you that you are using APOHEALTH Hydrocortisone 1% Cream.
- Tell your doctor if you feel that APOHEALTH Hydrocortisone 1% Cream is not helping your condition.
- Tell your doctor if you become pregnant while using APOHEALTH Hydrocortisone 1% Cream.

Things you should not do

- Do not use APOHEALTH Hydrocortisone 1% Cream under dressings or on large areas of skin unless your doctor tells you.
- Do not use APOHEALTH Hydrocortisone 1% Cream in or near the eyes.
- Do not give APOHEALTH Hydrocortisone 1% Cream to anyone else even if their symptoms seem similar to yours.
- Do not use APOHEALTH Hydrocortisone 1% Cream to treat other conditions unless your doctor tells you.

Your doctor or pharmacist has recommended APOHEALTH Hydrocortisone 1% 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 APOHEALTH Hydrocortisone 1% 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 APOHEALTH Hydrocortisone 1% Cream.**
- **Only use APOHEALTH Hydrocortisone 1% Cream under the arm or in the groin if your doctor tells you.**

Looking after your medicine

- **Keep APOHEALTH Hydrocortisone 1% 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 APOHEALTH Hydrocortisone 1% Cream in a cool dry place where the temperature stays below 25 °C.
- Do not leave APOHEALTH Hydrocortisone 1% Cream in the car or on windowsills.
Heat can destroy some medicines.

Getting rid of any unwanted medicine

If you no longer need to use this medicine or it is out of date, take it to any pharmacy for safe disposal.

Do not use this medicine after the expiry date.

6. Are there any side effects?

All medicines can have side effects. If you do experience any side effects, most of them are minor and temporary. However, some side effects may need medical attention.

See the information below and, if you need to, ask your doctor or pharmacist if you have any further questions.

Less serious side effects

Less serious side effects	What to do
<ul style="list-style-type: none"> • itching • burning • dryness • acne-form eruptions • thinning of the skin • blurred vision 	<p>Speak to your doctor or pharmacist if you have any of these less serious side effects and they worry you.</p>

Serious side effects

Serious side effects	What to do
<p>prolonged or over-use of this product may cause the following side effects in some people</p> <ul style="list-style-type: none"> • high blood pressure • elevated cholesterol and triglyceride levels in the blood • cataracts • glaucoma 	<p>Call your doctor straight away, or go straight to the Emergency Department at your nearest hospital if you notice any of</p>

<ul style="list-style-type: none"> • central serous chorioretinopathy (CSCR) 	these serious side effects.
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Tell your doctor or pharmacist if you notice anything else that may be making you feel unwell.

Other side effects not listed here may occur in some people.

Reporting side effects

After you have received medical advice for any side effects you experience, you can report side effects to the Therapeutic Goods Administration online at www.tga.gov.au/reporting-problems. By reporting side effects, you can help provide more information on the safety of this medicine.

7. Product details

What APOHEALTH Hydrocortisone 1% Cream contains

Active ingredient (main ingredient)	Hydrocortisone acetate 1% or 10 mg/g
Other ingredients (inactive ingredients)	<ul style="list-style-type: none"> • soft white paraffin, • liquid paraffin, • cetomacrogol 1000, • cetostearyl alcohol, • chlorocresol (preservative), • citric acid and • sodium citrate dihydrate

Do not take this medicine if you are allergic to any of these ingredients.

What APOHEALTH Hydrocortisone 1% Cream looks like

APOHEALTH Hydrocortisone 1% Cream is a soft white cream.

APOHEALTH Hydrocortisone 1% Cream is packed in 30g tubes.

APOHEALTH Hydrocortisone 1% Cream

AUST R 295687

Who distributes APOHEALTH Hydrocortisone 1% Cream

Arrotex Pharmaceuticals Pty Ltd

15 – 17 Chapel Street

Cremorne VIC 3121

www.arrotex.com.au

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