

# Canesten® Clotrimazole Thrush 6 Day Cream

Active ingredient: clotrimazole

## Consumer Medicine Information (CMI)

This leaflet provides important information about using Canesten® Clotrimazole Thrush 6 Day 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 Canesten® Clotrimazole Thrush 6 Day Cream.**

Where to find information in this leaflet:

1. Why am I using Canesten® Clotrimazole Thrush 6 Day Cream?
2. What should I know before I use Canesten® Clotrimazole Thrush 6 Day Cream?
3. What if I am taking other medicines?
4. How do I use Canesten® Clotrimazole Thrush 6 Day Cream?
5. What should I know while using Canesten® Clotrimazole Thrush 6 Day Cream?
6. Are there any side effects?
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## 1. Why am I using CANESTEN® CLOTRIMAZOLE THRUSH 6 DAY CREAM?

Canesten® Clotrimazole Thrush 6 Day Cream contains the active ingredient clotrimazole which belongs to a group of medicines called azole antifungals. Canesten® Clotrimazole Thrush 6 Day Cream is used to treat a fungal infection in the vagina and vulval area (thrush).

## 2. What should I know before I use CANESTEN® CLOTRIMAZOLE THRUSH 6 DAY CREAM?

### Warnings

Do not use Canesten® Clotrimazole Thrush 6 Day Cream if:

- you are allergic to clotrimazole, or any of the ingredients listed at the end of this leaflet. Always check the ingredients to make sure you can use this medicine.

Some of the symptoms of an allergic reaction may include swelling of the parts of the body to which treatment has been applied; rash, itching or hives on the skin.

Check with your doctor or pharmacist if:

- you are under the age of 18 years or over the age of 60 years

- you are unsure whether you have thrush or this is the first time you have had thrush
- you have had 3 or more infections in the last 6 months
- your symptoms include lower abdominal pain or back pain, fever or a foul smelling, unusual coloured or blood stained discharge
- you have diabetes
- you have allergies to any other topical treatments
- you take any medicines for any other condition

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.

Your doctor may also advise you to use a pessary during pregnancy, instead of a cream, as this can be inserted without an applicator.

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

## 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.

Tell your doctor or pharmacist if you are taking tacrolimus, or other medicines used to prevent organ transplant rejection.

**Check with your doctor or pharmacist if you are not sure about what medicines, vitamins or supplements you are taking and if these affect Canesten® Clotrimazole Thrush 6 Day Cream.**

## 4. How do I use CANESTEN® CLOTRIMAZOLE THRUSH 6 DAY CREAM?

### When to use Canesten® Clotrimazole Thrush 6 Day Cream

The cream should preferably be inserted in the evening, just before bed time, with the use of an applicator. Using it before you go to sleep will have the best effect.

### How to use Canesten® Clotrimazole Thrush 6 Day Cream

Wash your hands thoroughly before handling the cream or using the applicator. To avoid the possibility of re-infection, strict personal hygiene must be observed..

Use a new applicator for each nightly dose.

#### Loading an applicator

1. Wash your hands thoroughly.
2. Pull out the plunger of the disposable applicator until it stops (B).
3. Open the Canesten® cream tube.

Attach the applicator (A) to the tube and hold it firmly pressed against the tube.

4. Squeeze the cream tube until the applicator is full.
5. Remove the tube of cream and replace the cap.

#### Inserting the applicator

6. Carefully insert the end of the applicator containing the cream as gently and deeply into the vagina as possible. This is best achieved when lying on your back with your knees bent.

7. Hold the applicator in position and slowly push the plunger with the forefinger until it stops. This places the cream in the vagina.

8. Remove the applicator from the vagina and dispose of the applicator.

### How long to use Canesten® Clotrimazole Thrush 6 Day Cream

#### Continue using the cream for 6 consecutive nights.

This treatment helps to relieve your condition. It is important to keep using it until the fungal infection is gone.

If you miss a dose, continue with the next dose as soon as you remember, or the next evening.

Continue using the cream until the course is finished. The 35 g tube contains enough cream for 6 doses.

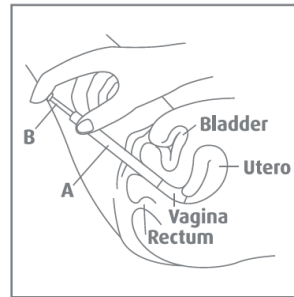
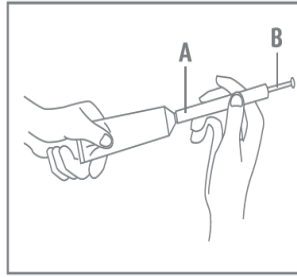
**If you are not sure what to do, ask your doctor or pharmacist.**

#### If you use too much Canesten® Thrush 6 Day Cream

If you think that you have used too much Canesten® Clotrimazole Thrush 6 Day Cream you may need urgent medical attention.

#### You should immediately:

- phone the Poisons Information Centre (by calling : Australia **13 11 26** or New Zealand **0800 764 766 [0800 POISON]**) for advice, 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 CANESTEN® CLOTRIMAZOLE THRUSH 6 DAY CREAM?

### Things you should do

- Discontinue treatment and tell your doctor or pharmacist if you develop a local reaction to this product.
- See your doctor if the symptoms do not improve within 4 days or if the problem returns within 2 months.

Remind any doctor, dentist or pharmacist you visit that you are using Canesten® Clotrimazole Thrush 6 Day Cream

### Things you should not do

- Do not use Canesten® Clotrimazole Thrush 6 Day Cream to treat any other complaints unless your doctor tells you to.
- Do not give your treatment to anyone else, even if you suspect they have the same condition as you.
- Do not stop using this medicine until you have completed the course.

If you stop using it suddenly, your condition may worsen.

- Do not use tampons, intravaginal douches, spermicides or other vaginal products while using this product.

### Things to be careful of

- Preferably the treatment should be timed to avoid the menstrual period. This will allow the treatment to be most effective. Ask your doctor if you have questions about this
- Canesten® Clotrimazole Thrush 6 Day Cream may reduce the effectiveness and safety of latex products such as condoms and diaphragms if it comes into contact with them. Therefore you should prevent Canesten® Clotrimazole Thrush 6 Day Cream from coming into contact with these products. If Canesten® Clotrimazole Thrush 6 Day Cream does accidentally come into contact with a condom or diaphragm, replace the condom or diaphragm before using it as contraception.
- Avoid vaginal intercourse while you have thrush and during use of this product because your partner could become infected.

### Things that may help to resolve Thrush

Some self help measures suggested below may help your condition.

Your doctor or pharmacist can give you more information about these measures.

- Blot with toilet paper after urinating (instead of wiping back to front).

- Change underwear, night attire, towels and linen daily.

Avoid where possible:

- Perfumed toilet paper
- Fragrant soaps and bath oils
- Wearing tight or synthetic clothing
- Douches or vaginal deodorants
- Soaking in baths

## Looking after your medicine

Keep your cream in the tube until it is time to use it. If you take the cream out of the tube it may not keep well. Store it in a cool dry place away from moisture, heat or sunlight; for example, do not store it:

- in the bathroom or near a sink, or
- in the car or on window sills.

Store Canesten® Clotrimazole Thrush 6 Day Cream below 25°C.

Keep it where young children cannot reach it.

## 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  |
|--|---|
| <p><b>Local reaction to the cream:</b></p> <ul style="list-style-type: none"> <li>• Itching, rash, blistering, swelling, redness, discomfort or pain, burning, irritation, vaginal peeling, discharge or bleeding</li> </ul> <p><b>Pain:</b><br/>Abdominal pain, vulvovaginal pain</p> | <p><b>Speak to your doctor or pharmacist if you have any of these less serious side effects and they worry you.</b></p> |

### Serious side effects

| Serious side effects   | What to do   |
|--|--|
| <p><b>Allergy or reaction related:</b></p> <ul style="list-style-type: none"> <li>• Swelling of the face, lips, throat or tongue</li> <li>• Difficulty in swallowing or breathing</li> <li>• Nausea, weakness, feeling dizzy or faint</li> </ul> | <p><b>Call your doctor straight away, or go straight to the Emergency Department at your nearest</b></p> |

|   |   |
|---|---|
| <ul style="list-style-type: none"> <li>• Rash or hives</li> </ul> | <p><b>hospital if you notice any of these serious side effects.</b></p> |
|---|---|

**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](http://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

This medicine is available over-the-counter without a doctor's prescription.

### What Canesten® Clotrimazole Thrush 6 Day Cream contains

|   |   |
|---|---|
| <b>Active ingredient (main ingredient)</b>      | clotrimazole  |
| <b>Other ingredients (inactive ingredients)</b> | Sorbitan monosterate<br>Polysorbate 60,<br>Cetyl palmitate,<br>Cetostearyl alcohol,<br>Octyldodecanol,<br>Benzyl alcohol,<br>Purified water |
| <b>Potential allergens</b>                      | Benzyl alcohol  |

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

### What Canesten® Clotrimazole Thrush 6 Day Cream looks like

Canesten® Clotrimazole Thrush 6 Day cream is a white opaque cream. The package also contains 6 disposable plastic applicators. AUST R 18699

### Who distributes Canesten® Clotrimazole Thrush 6 Day Cream

Bayer Australia Ltd  
Sydney NSW  
**Toll Free: 1800 008 757**  
[www.canesten.com.au](http://www.canesten.com.au)  
Bayer New Zealand Limited  
Auckland New Zealand  
Freecall: 0800 229 376  
[www.canesten.co.nz](http://www.canesten.co.nz)

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