

# Canesten®



## Dual Action 1% w/w Cream

Clotrimazole

### Read all of this leaflet carefully because it contains important information for you.

This medicine is available without prescription. However, you still need to use Canesten Dual Action 1% w/w Cream carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- You must contact a doctor if your symptoms worsen or do not improve.
- If you have any unusual effects after using this product, tell your doctor or pharmacist.

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## 1. WHAT IS CANESTEN® DUAL ACTION CREAM AND WHAT IS IT USED FOR?

Canesten Dual Action 1% w/w Cream is used to treat athlete's foot or jock itch.

**If you are unsure whether you have one of these fungal skin infections, seek the advice of your doctor or pharmacist.**

The active substance in Canesten Dual Action Cream is clotrimazole. Clotrimazole belongs to a group of medicines called imidazoles and is an antifungal agent which fights the cause of fungal skin infections.

## 2. BEFORE YOU USE CANESTEN® DUAL ACTION CREAM

### Do not use Canesten Dual Action Cream:

- If you are allergic (hypersensitive) to clotrimazole or any of the other ingredients, (listed in section 6) including cetostearyl alcohol, of Canesten Dual Action Cream.
- To treat nail or scalp infections.

### Pregnancy and breast-feeding:

If you are pregnant, breast-feeding or trying for a baby, tell your doctor or midwife before using Canesten Dual Action Cream. If you have informed your doctor or midwife already, follow his/her instructions carefully.

### Important information about some of the ingredients:

This product contains cetostearyl alcohol which may cause local skin reactions (e.g. rash, itching or redness).

## 3. HOW TO USE CANESTEN® DUAL ACTION CREAM

Follow these directions closely:

- Before use, pierce the tube seal by inverting the cap over the end of the tube and press.
- If the feet are infected, they should be washed and dried thoroughly, especially between the toes, before applying the cream.
- Canesten Dual Action Cream should be applied thinly and evenly to the affected areas two or three times daily and rubbed in gently.
- A strip of cream (1/2 cm long) is enough to treat an area of about the size of the hand.
- The treatment should be continued for at least one month to prevent re-infection.
- If you have athlete's foot, it may help to use an antifungal dusting powder as well. Ask your doctor or pharmacist to recommend one.

The symptoms of skin infection, such as itching or soreness, should improve within a few days of treatment although signs such as redness and scaling may take longer to disappear. If symptoms do not improve within 7 days, consult your doctor.

### Canesten Dual Action Cream is for external use only.

**Do not put the cream in your mouth or swallow it.** If the cream is swallowed accidentally, tell your doctor straight away or contact the Accident and Emergency Department of your nearest hospital.

If you accidentally get cream in your eyes or mouth, wash immediately with water and contact your doctor.

### If you forget to use Canesten Dual Action Cream:

Apply the cream as soon as possible and then continue the rest of your treatment as usual.

### You can help the treatment to work if you follow these simple self-help tips:

- Although the infected area will itch, try not to scratch. Scratching will damage the surface of the skin and cause the infection to spread further.
- Keep the affected skin areas clean.
- Pay particular attention to drying the skin, but avoid excessive rubbing.
- Do not share towels, bath mats, etc. with other people as you could spread the infection to them.
- Always wash your hands after treating the infection to prevent it from spreading.

### *If you have athlete's foot:*

- Remember to dry the skin between the toes thoroughly.
- Wash your socks, stockings and tights thoroughly in hot water to remove any shed skin or fungal spores.
- Change your footwear daily if possible.

## **4. POSSIBLE SIDE EFFECTS**

Like all medicines, Canesten Dual Action Cream can cause side effects, although not everybody gets them.

As with all medicines, some people may be allergic to the cream. If you are allergic, a reaction will occur soon after you start using it. If you experience an allergic reaction, stop using Canesten Dual Action Cream and tell your doctor straight away or contact the Accident and Emergency Department of your nearest hospital. Signs of an allergic reaction may include:

- Rash.
- Swallowing or breathing problems.
- Swelling of your lips, face, throat or tongue.
- Weakness, feeling dizzy or faint.
- Nausea.

After you apply the cream you might experience:

- Itching, rash, blisters, burning, discomfort, swelling, irritation, redness or peeling of skin.

If you experience any of the above effects or react badly to the cream in any other way not listed in this leaflet, tell your doctor or pharmacist immediately.

## **5. HOW TO STORE CANESTEN® DUAL ACTION CREAM**

**Keep out of the reach and sight of children.**

This product should be stored in the original carton. Do not store above 25°C.

Do not use Canesten Dual Action 1% w/w Cream after the expiry date which is stated at one end of the carton and on the end of the tube of cream.

The expiry date refers to the last day of that month.

Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

## **6. FURTHER INFORMATION**

### **What Canesten Dual Action Cream contains:**

- The active substance is clotrimazole at a strength of 1% w/w.
- The other ingredients are benzyl alcohol, polysorbate 60, sorbitan stearate, cetyl palmitate, cetostearyl alcohol, octyldodecanol and purified water.

*See Section 2 'Do not use' and 'Important information about some of the ingredients' for cetostearyl alcohol advice.*

### **What Canesten Dual Action Cream looks like and contents of the pack:**

Canesten Dual Action Cream is available in tubes containing 15g, 25g or 30g of white cream. Not all pack sizes may be marketed.

### **Marketing Authorisation Holder:**

Bayer plc, Consumer Care Division, Bayer House, Strawberry Hill, Newbury, Berkshire RG14 1JA, UK

### **Manufacturer:**

Kern Pharma S.L.  
Poligon Industrial Colon II, Calle Venus 72  
08228 Terrassa, Barcelona, Spain

**Remember: If you have any doubts about using Canesten Dual Action Cream correctly, seek the advice of your doctor or pharmacist.**

### **Further information about fungal infections:**

Fungal infections are very common and affect many people. Some of the most common fungal skin infections include athlete's foot (Tinea pedis) and jock itch (Tinea cruris). They are caused by a contagious fungus which thrives in warm, moist environments. The fungus that causes athlete's foot usually lives harmlessly on our skin and in our environment. The natural balance that normally keeps it under control can be upset by factors such as damp moist conditions. This could happen, for example, through regularly wearing training shoes that keep the feet hot and sweaty. Since this fungus is contagious, it can also often be picked up in changing rooms.

Tell-tale signs of both athlete's foot and jock itch are that the skin becomes itchy, red and inflamed. Sporty people or those who work in a warm, damp environment, tend to be more likely to catch these conditions.

For UK residents only: if you have any questions or would like more information, call our Canesten Advice Line on 0845 758 5030. Calls charged at local rate.

This leaflet was last revised in October 2013.

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