

Doublebase™ Emollient Shower Gel

isopropyl myristate 15% w/w, liquid paraffin 15% w/w

Please read all of this leaflet carefully before you start using this medicine.

Keep this leaflet. You may need to read it again.

Ask your doctor, nurse or pharmacist if you need more information or advice.

In this leaflet:

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1. WHAT DOUBLEBASE EMOLLIENT SHOWER GEL IS AND WHAT IT IS USED FOR

- Doublebase Emollient Shower Gel is a treatment for you to apply to your skin during your normal showering routine.
- It helps treat dry or chapped skin conditions that may also be itchy, red and sore. Common examples include:
 - psoriasis (scaly, pink patches of skin), elderly pruritus (itchy skin due to ageing), ichthyosis (abnormal scaly skin), various forms of eczema, dermatitis and other dry skin disorders.
- **All age groups who normally shower** can use Doublebase Emollient Shower Gel.
- The **active ingredients** in this product are isopropyl myristate and liquid paraffin. These are known as **emollients**. When used as part of your normal showering routine the product helps to:
 - soften, moisturise and protect your skin by trapping moisture in the skin and restoring the normal protective function of the skin.
 - prevent the skin-drying and irritant effects that can be caused by showering and by the soaps, foaming additives and fragrances used in ordinary shower products.
- This product can be used in addition to any other emollients or treatments your doctor, pharmacist or nurse may have given or prescribed for you to treat your dry skin condition.

2. BEFORE YOU USE DOUBLEBASE EMOLLIENT SHOWER GEL

Do not use Doublebase Emollient Shower Gel if you are **allergic** (hypersensitive) to isopropyl myristate, liquid paraffin or any of the other ingredients of Doublebase Emollient Shower Gel listed in Section 6.

Take special care when using this product:

- it can make your shower tray (or bath surface) slippery, so be careful to avoid slipping over when getting into and out of your shower (eg by using a shower or bath mat).
- after use, clean out the shower tray with a suitable detergent to remove any remaining greasiness (wearing protective gloves to avoid irritating your hands).

Using other medicines

This product is not known to affect, or to be affected by, other medicines.

Pregnancy and breast-feeding

This product can be used during pregnancy and while breast-feeding. The ingredients have been in widespread use in this and similar preparations for many years, without reports of problems. However, safety trials have not been conducted.

3. HOW TO USE DOUBLEBASE EMOLLIENT SHOWER GEL

This product is only for application to the skin. For maximum benefit you should use the gel whenever you shower.

- To use the product, remove the hooked overcap and attach it to the base of the bottle for hanging in the shower.
- Holding the bottle upside down, gently squeeze the product into the palm of your hand.

For all age groups who normally shower:

You can use Doublebase Emollient Shower Gel in **any** of the following ways (whichever suit you best):

Before showering:

- Apply the gel to the dry areas of the skin, using a few gentle strokes.

During showering:

- Apply the gel using a gentle washing action.
- If you decide to use your normal cleanser in the shower, use Doublebase Emollient Shower Gel afterwards to condition your skin.
- Rinse off any excess (you should still be able to feel the product coating the skin).

After showering:

- Pat the skin dry with a soft towel (avoid rubbing as this can make dry skin conditions worse).
- Apply the gel to areas of dry skin, using a few gentle strokes to smooth across the skin in the same direction as hair growth (like stroking a cat or dog).
- Allow any excess to soak in.

You may prefer to use your normal soap or shower gel as well as Doublebase Emollient Shower Gel when showering. As a general rule, however, the use of normal soaps and shower gels (even those labelled “moisturising”) is best avoided, or at least kept to a minimum.

If you forget to use Doublebase Emollient Shower Gel

Do not worry if you occasionally forget to use it, just carry on using the shower gel as described the next time you shower.

4. POSSIBLE SIDE EFFECTS

Like all medicines, Doublebase Emollient Shower Gel can cause side effects, although not everybody gets them. This product has been specially designed for use on dry or problem skin. However, in rare cases it can cause skin irritation (mild rashes) or allergic skin reactions on extremely sensitive skin. These rare effects tend to occur during or soon after the first few uses.

Stop using this shower gel and **tell** your doctor, nurse or pharmacist:

- if your skin condition seems to look or feel worse.
- if any of the side effects get serious, or you notice any other side effects not mentioned in this leaflet.

If this product is accidentally **swallowed**, its oily ingredients may cause diarrhoea.

If this happens:

- treat the symptoms as you would deal with any case of diarrhoea.
- drink plenty of water.
- **do not attempt to cause vomiting.**

5. HOW TO STORE DOUBLEBASE EMOLLIENT SHOWER GEL

- Keep out of the reach and sight of children.
- Do not use Doublebase Emollient Shower Gel after the expiry date shown on the container. The expiry date refers to the last day of that month.
- Do not store above 25°C.
- Do not freeze the product.
- Replace the hooked overcap in the original position on the top of the bottle during transport.

6. FURTHER INFORMATION

What Doublebase Emollient Shower Gel contains:

The **active ingredients** are **isopropyl myristate** (15% w/w) and **liquid paraffin** (15% w/w). The **other ingredients** are macrogol cetostearyl ether (cetomacrogol), glycerol, carbomer, sorbitan laurate, triethanolamine, phenoxyethanol and purified water.

What Doublebase Emollient Shower Gel looks like and contents of the pack

- The shower gel is available in a plastic bottle containing 200 g. The bottle is fitted with a purple hooked overcap (25 g packs are also available to the medical and allied professions).
- The product is a white, viscous liquid. It contains no dye or fragrance.

The Marketing Authorisation holder is Dermal Laboratories, Hitchin, Herts, SG4 7QR, UK.

The Manufacturer is Aeropak, Viking Road, Great Yarmouth, NR31 0NU, UK.

This leaflet was last revised in August 2011.

7. GENERAL ADVICE ON LOOKING AFTER DRY SKIN CONDITIONS

- Emollients help soften, moisturise and protect the skin. They play a central role in the treatment and management of dry skin conditions. For maximum effect, they should be applied regularly and as often as needed.
- When bathing, try to use warm, not hot, water and avoid staying in the bath for long periods. This could make dry skin conditions worse.
- Try to avoid using normal soaps or cleansing products (even those labelled “moisturising”). This is because they tend to dry and irritate the skin. Avoid using products containing fragrances, as these can also cause skin problems. You should try to use a fragrance-free emollient “soap substitute” instead. This type of product will not foam or lather but will be better for your dry skin condition.

Breaking the itch-scratch cycle

Some dry skin conditions like eczema and dermatitis are itchy, and can be quite sore. Although scratching relieves the itching for a short while, it further damages the skin. Badly scratched skin easily gets infected. This makes it itchier and the urge to scratch becomes even greater. It is better if scratching can be avoided by reducing the itching. The regular use of emollients or moisturisers can help with this.

- You may find it helpful to contact NHS Direct (tel: 0845 4647) or a patient support group such as the National Eczema Society (tel: 0800 0891122, 8am - 8pm, Mon - Fri) for information about your skin condition.

To listen to or request a copy of this leaflet in Braille, large print or audio, please call free of charge: **0800 198 5000** (UK only).

Please be ready to give the following information:
Doublebase Emollient Shower Gel, 00173/0196.

This is a service provided by the Royal National Institute of Blind People.