

Consumer Medicine Information

Hydrocortisone Cream 1 % (Noumed)

Hydrocortisone 1 % w/w topical cream

What is in this leaflet

Please read this leaflet carefully before you start using Hydrocortisone Cream 1% (Noumed).

This leaflet answers some common questions about Hydrocortisone Cream 1% (Noumed). 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 has weighed the risks of you using Hydrocortisone Cream 1% (Noumed) against the benefits they expect it will have for you.

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

Keep this leaflet with the medicine. You may need to read it again.

What Hydrocortisone Cream 1% (Noumed) is used for

Hydrocortisone Cream 1% (Noumed) is a topical cream used to treat redness, swelling, itching and discomfort of various skin conditions.

Hydrocortisone Cream 1% (Noumed) contains hydrocortisone, which belongs to a group of medicines called corticosteroids.

Your doctor may have prescribed Hydrocortisone Cream 1% (Noumed) for another reason.

Ask your doctor if you have any questions about why Hydrocortisone Cream 1% (Noumed) has been prescribed for you.

This medicine is available only with a doctor's prescription.

Hydrocortisone is not addictive.

Before you use Hydrocortisone Cream 1% (Noumed)

When you must not use it

Do not use Hydrocortisone Cream 1% (Noumed) if you have:

- you have an allergy to
 - any medicines containing hydrocortisone or class of medicines called corticosteroids;
 - any of the ingredients listed at the end of this leaflet.Some of the symptoms of an allergic reaction may include:
 - difficulty in breathing or wheezing;
 - shortness of breath;
 - swelling of the face, tongue, lips, or other parts of the body;
 - hives on the skin, rash, or itching.
- you have an infection at the site of application, including a fungal infection and/or herpes of the eyes, lips or genitals;
- you have external feminine itching when vaginal discharge is present;
- you have external anal itching when bleeding is present;
- you have skin cancer;
- you have tuberculosis;
- an itch is due to disease of the internal organs.

Do not take it after the expiry data (EXP) printed on the back. If you take it after the expiry date has passed, it may not work as well.

Do not take it if the packaging is torn or shows signs of tampering.

If you are not sure whether you should start using Hydrocortisone Cream 1% (Noumed), talk to your doctor.

Before you start to use it

Tell your doctor if:

- you have allergies to:
 - any other medicines
 - any other substances, such as foods, preservatives, or dyes.
- you are pregnant or intend to become pregnant.
Hydrocortisone is generally not recommended for use during pregnancy, as there is inadequate information on the effects of hydrocortisone on the developing child. Your doctor will weigh the risks and benefits of using this medicine while you are pregnant.
- you are breastfeeding or planning to breastfeed.

Although absorption of hydrocortisone into the blood is very low after topical administration, it is possible for absorption to occur. Hydrocortisone may pass into breast milk and affect the baby. Your doctor will weigh the risks and benefits of using this medicine while breastfeeding.

If you have not told your doctor about any of the above, tell them before you start using Hydrocortisone Cream 1% (Noumed).

Taking other medicines

Tell your doctor if you are taking any other medicines, including medicines that you buy without a prescription from your pharmacy, supermarket or health food shop. You should also tell any health professional who is prescribing a new medication for you that you are taking Hydrocortisone Cream 1% (Noumed).

Your doctor or pharmacist has more information on medicines to be careful with or avoid while taking Hydrocortisone Cream 1% (Noumed).

Some medicines may interfere with Hydrocortisone Cream 1% (Noumed).

How to use Hydrocortisone Cream 1% (Noumed)

How much to use

Apply a thin film to the affected area three to four times daily, or as directed by your doctor. Abrupt discontinuation of use can result in symptoms reoccurring.

Follow all directions given to you by your doctor or pharmacist carefully. Your doctor may have prescribed a different dose.

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

How to use it

Always:

- apply the correct amount of hydrocortisone cream 1 % (Noumed) as directed by your doctor;
- apply only to the affected area;
- avoid applying to broken skin or where skin is no longer present;
- avoid contact with the eyes.

Certain types of dressings may increase the amount of Hydrocortisone Cream 1 % (Noumed) absorbed through the skin. Use dressings as directed by your doctor.

How long to use it

How long depends on your condition and response to the treatment.

If you forget to take it

Do not apply extra Hydrocortisone Cream 1% (Noumed) if you forget to use it. It may increase your chances of getting unwanted side effects.

If it is almost time for your next application, skip the one you missed and use again when you were meant to. Otherwise, use it as soon as you remember and then go back to using it as you would normally.

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

While you are using Hydrocortisone Cream 1% (Noumed)

Things you must do

If you become pregnant while taking this medicine, tell your doctor immediately.

Tell your doctor if you get an infection or injury.

Tell your doctor if you experience blurred vision or other visual disturbances.

If you are about to be started on any new medicine, tell your doctor and pharmacist that you are taking Hydrocortisone Cream 1% (Noumed).

If you are going to have surgery, tell the surgeon and anaesthetist that you are taking this medicine.

Things you must not do

Do not give Hydrocortisone Cream 1% (Noumed) to anyone else, even if they have the same condition as you.

Do not stop using Hydrocortisone Cream 1% (Noumed) or lower the dosage without checking with your doctor.

Things to be careful of

Be careful driving or operating machinery until you know how Hydrocortisone Cream 1% (Noumed) affects you.

In case of overdose

If you take too much (overdose)

Immediately telephone your doctor or the National Poisons Centre (telephone 0800 POISON or 0800 764 766), or go to accident and emergency at your nearest hospital, if you think that you or anyone else may have taken too much Hydrocortisone Cream 1% (Noumed).

Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.

Side Effects

Tell your doctor or pharmacist as soon as possible if you do not feel well while you are using Hydrocortisone Cream 1% (Noumed).

All medicines can have side effects. Sometimes they are serious, most of the time they are not. You may need medical treatment if you get some of the adverse effects. Ask your doctor or pharmacist to answer any questions you may have.

Side effects are unlikely to occur while using Hydrocortisone cream 1 % (Noumed) unless the medicine is significantly abused. If side effects do occur, they are likely to be skin related such as:

- bruising
- acne
- fragile skin.

If these effects occur, stop using the medicine and tell your doctor.

Prolonged use of Hydrocortisone Cream 1% (Noumed) may affect the elderly, children and infants.

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

Ask your doctor or pharmacist to answer any questions you may have. Other adverse effects not listed above may also occur in some patients. Tell your doctor if you notice any other effects.

After using Hydrocortisone Cream 1% (Noumed)

Storage

Keep your Hydrocortisone Cream 1% (Noumed) in a cool, dry place where the temperature stays at or below 25°C.

Do not store Hydrocortisone Cream 1 % (Noumed) in the bathroom or near a sink. Do not leave it in the car or on a windowsill. Heat and dampness can destroy some medicines.

Keep it where children cannot reach it. A locked cupboard at least one-and-a-half metres above the ground is a good place to store medicines.

Disposal

If your doctor tells you to stop taking this medicine or they have passed their expiry date, ask your pharmacist what to do with any unused medicine. Return any unused medicine to your pharmacist.

Product description

What it looks like

Hydrocortisone Cream 1% (Noumed) is a smooth, white, viscous cream.

Ingredients

Active ingredient:

- Hydrocortisone 1 % w/

Inactive ingredients:

- Cetomacrogol 1000
- Cetostearyl alcohol
- Chlorocresol as preservative
- Liquid paraffin
- Purified water
- White soft paraffin

Sponsor Details

Noumed Pharmaceuticals Ltd.
Auckland, New Zealand

Freephone 0800 527 545

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