

# MAXIDEX<sup>®</sup> Eye Ointment 0.1%

Dexamethasone

## CONSUMER MEDICINE INFORMATION

### What is in this leaflet

Read this leaflet carefully before you start to use MAXIDEX<sup>®</sup> Eye Ointment

This leaflet answers some common questions about MAXIDEX<sup>®</sup>. 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 MAXIDEX<sup>®</sup> against the benefits they expect it will have for you.

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

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

### What MAXIDEX<sup>®</sup> is used for

MAXIDEX<sup>®</sup> is a type of cortisone and belongs to the group of medicines called corticosteroids.

MAXIDEX<sup>®</sup> is used to

- treat the redness, swelling and other symptoms of eye inflammation
- treat eye injury caused by chemical, heat burns or foreign bodies.

Your doctor may have prescribed MAXIDEX<sup>®</sup> for another purpose. Ask your doctor if you have any questions about why MAXIDEX<sup>®</sup> has been prescribed for you. MAXIDEX<sup>®</sup> is not addictive.

Maxidex 0.1% CMI (0711)

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

### Before you use MAXIDEX<sup>®</sup>

#### When you must not use it

Do not use MAXIDEX<sup>®</sup> if you have an allergy to:

- MAXIDEX<sup>®</sup> or any of the ingredients in MAXIDEX<sup>®</sup> listed at the end of this leaflet
- any other corticosteroid medicine.

Do not use MAXIDEX<sup>®</sup> if the packaging is torn or shows signs of tampering.

Do not use MAXIDEX<sup>®</sup> if the expiry date (EXP) printed on the pack has passed.

If you use MAXIDEX<sup>®</sup> after the expiry date has passed, it may not work.

If you are not sure whether you should start using MAXIDEX<sup>®</sup>, contact your doctor.

Do not give MAXIDEX<sup>®</sup> to children.

The safety and effectiveness of MAXIDEX<sup>®</sup> in children have not been established.

#### Before you start to use it

Tell your doctor if:

1. you have a viral infection
  2. you have a bacterial infection
  3. you have a fungal infection
  4. you have tuberculosis of the eye
- Ask your doctor to be sure you do not have any of these conditions.
5. you have any allergies to any other medicines or any other

substances, such as foods, preservatives or dyes.

6. you are pregnant or intend to become pregnant

Your doctor will discuss the risks and benefits of using MAXIDEX<sup>®</sup> when pregnant

7. you are breast-feeding or intend to breast-feed

Your doctor will discuss the risks and benefits of using MAXIDEX<sup>®</sup> when breast-feeding.

8. you have or have had any other medical conditions including:

\*disease that causes thinning of the cornea (the front layer of the eye ball) or sclera (the white outer layer of the eyeball)

\*condition where there is a discharge of pus from the eyes

If you have not told your doctor about any of the above, tell them before use MAXIDEX<sup>®</sup>.

#### Using other medicines

Tell your doctor or pharmacist if you are using other eye ointment or taking any medicine particularly corticosteroids, atropine, or other anticholinergics. This includes any that you buy without a prescription from a pharmacy, supermarket or health food shop.

Some medicines may affect the way others work. Your doctor or pharmacist will be able to tell you what to do when using MAXIDEX<sup>®</sup> with other medicines.

## How to use MAXIDEX®

**Follow all directions given to you by your doctor and pharmacist carefully.**

They may differ from the information contained in this leaflet.

If you are being changed from one eye ointment to another, follow your doctor's instructions carefully as to when to stop the old ointment and when to start the new ointment.

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

### How much to use

The usual dose for adults will depend on the severity of your condition.

Your doctor may recommend that you apply a **half-inch (1 - 1.5 cm) ribbon** to the affected area up to four times daily.

When a favourable response is observed the doctor will advise you to reduce the dosage gradually to once daily application for several days.

### How to use

It is important to use MAXIDEX® exactly as your doctor or pharmacist has told you. If you use it less often than you should, it may not work as well and your eye problem may not improve. Using it more often than you should may not improve your eye problem any faster and may cause side effects.

### Follow these steps to use MAXIDEX®:

1. Wash your hands thoroughly
2. Remove the cap from the tube. Using your forefinger, gently pull your lower eyelid down to form a pouch (see Diagram 1).



Diagram 1

3. Using your other hand, carefully squeeze a small ribbon (about 1 – 1.5 cm) of ointment into the pouch (see Diagram 2).



Diagram 2

4. Making sure that the ointment remains within the eye, slowly close your eye without blinking (see Diagrams 3 and 4). Keep your eye closed for 1 to 2 minutes.



Diagrams 3



Diagrams 4

5. If necessary, repeat the above steps 1-4 for your other eye.
6. Place the cap on the tube and close it tightly.
7. Wash hands again with soap and water to remove any residue.

You may feel a slight burning sensation in the eye shortly after using MAXIDEX® Eye Ointment. If this persists, or is very

uncomfortable, contact your doctor or pharmacist.

Be careful not to touch the tip of the tube against your fingers or the eye, or anything else.

**This will help prevent the ointment becoming dirty or contaminated.**

### How long to use it

Your doctor or pharmacist will tell you how long to use MAXIDEX®.

**Do not use MAXIDEX® for longer than your doctor tells you.**

If you use MAXIDEX® for longer than your doctor or pharmacist tells you, the chance of side effects may increase.

**If you are not sure how long to use MAXIDEX®, talk to your doctor or pharmacist.**

### If you forget to use it

**If you forget to use MAXIDEX® you should use the ointment as soon as you remember, and then use your next dose as recommended by your doctor.**

**If it is almost time for your next dose, skip the dose you missed and continue using them as recommended.**

**Do not use a double dose to make up for the dose that you missed. This may increase the chance of you getting an unwanted side effect.**

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

If you have trouble remembering to use your medicine, ask your pharmacist for some hints.

### If you use too much (overdose)

If you accidentally put too much in your eye(s) immediately rinse your eye(s) with warm water.

**If you think that you or someone has swallowed any or all of the contents of MAXIDEX® Eye Ointment, or used too much**

ointment, immediately telephone the nearest Poisons Information Centre. In Australia call 13 11 26; in New Zealand call 0800 POISON or 0800 764 766), your doctor or go to Casualty in the nearest hospital, if you think that you or someone else has swallowed MAXIDEX<sup>®</sup>. Do this even if there are no signs of discomfort or poisoning.

---

## While you are using MAXIDEX<sup>®</sup>

---

### **Things you must do**

Tell all doctors and pharmacists who are treating you that you are using MAXIDEX<sup>®</sup>.

If you feel that MAXIDEX<sup>®</sup> is not helping your condition, tell your doctor (or pharmacist).

If you are about to start taking any new medicine, tell your doctor and pharmacist that you are taking MAXIDEX<sup>®</sup> Eye Ointment.

Tell your doctor if, for any reason, you have not used MAXIDEX<sup>®</sup> exactly as prescribed. Otherwise, your doctor may think that it was not effective and change your treatment unnecessarily.

If you become pregnant while using MAXIDEX<sup>®</sup>, tell your doctor.

You should have your eye pressure checked when your doctor says.

### **Things you must not do**

Do not:

- stop using MAXIDEX<sup>®</sup> without first asking your doctor
- let children handle MAXIDEX<sup>®</sup>
- give MAXIDEX<sup>®</sup> to anyone else, even if they have the same symptoms as yours
- use MAXIDEX<sup>®</sup> to treat other complaints unless your doctor or pharmacist tells you to
- wear contact lenses while you are using MAXIDEX<sup>®</sup>.

### **Things to be careful of**

You should not drive or operate any machinery if MAXIDEX<sup>®</sup> affects your vision (blurred vision).

Ask your doctor or pharmacist if you are concerned about the length of time you have been using MAXIDEX<sup>®</sup>.

---

## Side effects

---

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 side effects.

Tell your doctor as soon as possible if you do not feel well while using MAXIDEX<sup>®</sup>.

Reactions that affect the eyes have been reported including:

- glaucoma (a condition in which the pressure of fluid in the eye may be high. However, some people with glaucoma may have normal pressure) with optic nerve damage (the nerve that connects the eye to the brain)
- eye discomfort, grittiness, itchiness, irritation, pain.
- dry eye or watery eyes
- red eye
- blurred vision
- inflammation of eye
- secondary eye infection
- staining front part of the eye
- drooping eyelid
- crustiness of eyelid
- dilated pupil
- sensitivity to sunlight
- corneal erosion (front part of the eye shedding abnormally)

Occasionally some people notice unwanted effects in the rest of their body as a result of using MAXIDEX<sup>®</sup> Eye Ointment. These effects may include:

- allergy
- bad taste in the mouth
- dizziness
- headache

Tell your doctor immediately and stop using MAXIDEX<sup>®</sup> at the first

sign of a skin rash or any other sign of allergy (eg hives).

Other side effects not listed above may also occur in some patients. Tell your doctor if you notice anything else that is making you feel unwell while using MAXIDEX<sup>®</sup>.

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

---

## After using MAXIDEX<sup>®</sup>

---

### **Storage**

Keep MAXIDEX<sup>®</sup> in a cool dry place where the temperature stays at or below 25°C. Do not store MAXIDEX<sup>®</sup> or any other medicine in the bathroom or near a sink. Do not store it in the car or on window sills.

Heat and dampness can destroy some medicines.

Do not refrigerate MAXIDEX<sup>®</sup>.

Keep MAXIDEX<sup>®</sup> 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.

### **Disposal**

If your doctor tells you to stop using MAXIDEX<sup>®</sup> or it has passed its expiry date, ask your pharmacist what to do with any that is left over.

---

## Product description

---

### **What it looks like**

MAXIDEX<sup>®</sup> Eye Ointment comes in a 3.5g tube with screw cap.

### **Ingredients**

#### **Active drug:**

Dexamethasone

#### **Other ingredients:**

Anhydrous liquid lanolin, white petrolatum

***Supplier***

**In New Zealand this product is distributed by:**

Alcon New Zealand Limited  
Auckland, New Zealand  
Free Phone: 0800 101 106

This leaflet was prepared in July 2011

MAXIDEX<sup>®</sup> is a trademark of Alcon