

ZOSTRIX Cream

Capsaicin USP 0.025% w/w

What is in this leaflet

Please read this leaflet carefully before you start to use your medicine.

It contains a summary of the information available on your medicine.

If you have any questions or are not sure about anything ask your doctor or pharmacist.

What Zostrix cream is used for and how it works

Zostrix cream is used to relieve the pain of osteoarthritis.

Zostrix cream contains capsaicin (0.025%), a naturally occurring substance found in plants of the Solanaceae family. Research has shown that Zostrix cream works by reducing levels of a chemical (substance P), which is involved in transmitting pain impulses to the brain. Substance P is released into joints and activates other compounds involved in osteoarthritis. As Zostrix cream reduces the amount of substance P, it has a pain relieving effect when applied to the surface of the skin.

Advice before using Zostrix cream

Do not use Zostrix cream on broken or irritated skin.

Keep away from the eyes.

How to use Zostrix cream properly

It is important to use medicines as directed.

Lightly massage a small quantity into the skin around the affected joint four times a day. These applications should be evenly spaced throughout the waking hours and not more often than every 4 hours. A blob just about big enough to cover your little fingernail is about right for a knee joint; less for smaller joints like fingers or a wrist. The cream should be gently rubbed in, there should be no residue left on the surface. You may notice a tingling or burning sensation after the cream has been applied, which is quite normal particularly in the early stages of treatment. This is a sign that the cream is working and over the first few days or weeks this effect will gradually reduce. This burning can be worse if the medicine is applied less than the recommended four times daily.

After applying Zostrix cream wash the residue off your fingers, unless you are actually treating arthritic hand joints.

ZOSTRIX CREAM IS FOR EXTERNAL USE ONLY AND SHOULD NOT COME INTO CONTACT WITH THE EYES OR BROKEN OR DAMAGED SKIN. If it does, wash it off with plenty of soap and water.

Do not take a hot bath or shower just before or after applying the cream, as it can make the burning effect worse.

You should begin to get pain relief within the first two weeks of treatment, but the maximum effect may take a month to build up as Zostrix cream works gradually.

If your condition worsens, seek medical advice.

If your condition clears up and then recurs within a few days, stop using Zostrix cream and consult your doctor.

Not suitable for use in children.

If you are pregnant, or think you may be pregnant, make sure you have told your doctor before you use this cream.

Do not put tight bandages over Zostrix cream.

It may help you to keep a record of each time you apply Zostrix cream; you could use a diary similar to the one below:

Date treatment started:

Tick box or note time for each application. Do not apply the cream more often than every 4 hours.

Day:	Applications:				Day:	Applications:			
↓	1st	2nd	3rd	4th	↓	1st	2nd	3rd	4th
1					15				
2					16				
3					17				
4					18				
5					19				
6					20				
7					21				
8					22				
9					23				
10					24				
11					25				
12					26				
13					27				
14					28				

What side effects can be caused by Zostrix cream?

Zostrix cream may cause a brief burning feeling when applied. This burning is more common when:

- the cream is used less than 3-4 times a day, or
- too much cream is used, or

- if the cream is applied just before or after a bath or shower.

If you swallow it

Immediately telephone your doctor or Poisons Information Centre (New Zealand 03-474-7000), or go to the accident and emergency centre at your nearest hospital, if you or anyone else swallows this medicine.

Keep the telephone numbers of these places/services handy.

Storage conditions

Keep out of the reach of children

Store below 25°C.

Do not use after the expiry date printed on the pack.

Return any unused cream to your doctor or pharmacist.

List of other ingredients

Zostrix also contains purified water, sorbitol solution, isopropyl myristate, cetyl alcohol, white soft paraffin, glyceryl stearate, PEG-100 stearate and benzyl alcohol.

If you want to know more

If you are concerned about any aspect of your treatment with Zostrix cream, talk to your doctor or pharmacist.

Supplier

In New Zealand, Zostrix is distributed by:

AFT Pharmaceuticals Ltd,

PO Box 33-203

Takapuna

Auckland

Ph 09-488-0232

E-mail address: customer.service@aftpharm.com

Medicine Classification: General Sales Medicine

Date of preparation: March 2010