

ZOSTRIX HP Cream

Capsaicin USP 0.075% 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 HP cream is used for and how it works

Zostrix HP cream is used to relieve the pain arising from nerves near to the surface of the skin. This pain often follows Herpes Zoster (shingles) after the sores have healed. Zostrix HP cream is also used to relieve the pain suffered by diabetic patients with peripheral polyneuropathy, (damage to the nerves to the limbs).

Zostrix HP cream contains capsaicin (0.075%) as active ingredient, a naturally occurring substance found in plants of the Solanaceae family. Zostrix HP cream has a topical analgesic effect. It is thought that it works by reducing levels of a chemical (substance P), which is involved in transmitting pain impulses to the brain.

Advice before using Zostrix HP cream

Do not use Zostrix HP cream on broken or irritated skin.

Keep away from the eyes.

Patients using Zostrix HP cream for the treatment of painful diabetic peripheral polyneuropathy, (damage to the nerves to the limbs), should do so under the direct supervision of a physician. Usually your physician will advise a course of treatment lasting eight weeks or less and will assess your condition after this time, before deciding whether you should continue with this treatment.

How to use Zostrix HP cream properly

It is important to use medicines as directed.

Lightly massage a small quantity into the skin around the affected area 3-4 times a day. These applications should be evenly spaced throughout the waking hours and not more often than every 4 hours. 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 3-4 times daily.

After applying Zostrix HP cream wash the residue off your fingers.

ZOSTRIX HP 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 HP 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 HP cream and consult your doctor.

Not suitable for use in children under 2 years of age.

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

It may help you to keep a record of each time you apply Zostrix HP 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.

Applications					Applications				
Day	1 st	2 nd	3 rd	4 th	Day	1 st	2 nd	3 rd	4 th
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 HP cream?

Zostrix HP 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.

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 HP cream also contains purified water, sorbitol solution, isopropyl myristate, cetyl alcohol, white soft paraffin, glyceryl stearate, PEG-100 stearate and benzyl alcohol. Benzyl alcohol is used as a preservative.

If you want to know more

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

Supplier

In New Zealand, Zostrix HP cream is distributed by AFT Pharmaceuticals Ltd,
AUCKLAND

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

Medicine Classification
General Sales Medicine

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