Clobetasol Cream
Clobetasol Ointment
clobetasol propionate 0.05% w/w
Cream / Ointment

What is in this leaflet

Please read this leaflet carefully before you start using Clobetasol Cream or Ointment.

This leaflet answers some common questions about Clobetasol Cream and Ointment. It does not contain all the available information. The most up-to-date Consumer Medicine Information can be downloaded from www.medsafe.govt.nz.

Reading this leaflet 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 Clobetasol Cream or Ointment against the benefits this medicine is expected to 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 want to read it again.

What Clobetasol Cream and Ointment are used for

Clobetasol Cream and Ointment contain the active ingredient clobetasol propionate. Clobetasol belongs to a group of medicines known as topical steroids. “Topical” means that they are applied onto the skin. Topical steroids are used to help reduce inflammation in the affected area which helps to reduce redness and itchiness caused by the skin disease.

Clobetasol Cream and Ointment are used to treat various inflamed skin conditions which do not respond to less active steroids, including:

- psoriasis (a stubborn skin disorder with raised, rough, reddened areas covered with dry, fine silvery scales)
- severe forms of eczema (an often itchy skin condition with redness, swelling, oozing of fluid, crusting which may lead to scaling)
- lichen planus (chronic itchy skin of unknown origin)
- discoid lupus erythematosus (recurring scaly rash)
Clobetasol Cream is used to treat skin conditions on moist or weeping surfaces whereas Clobetasol Ointment is more suitable for dry, scaly skin.

Your doctor may have prescribed this medicine for another reason. **Ask your doctor if you have any questions about why it has been prescribed for you.**

Clobetasol Cream and Ointment are only available with a doctor's prescription.

Clobetasol Cream and Ointment are not addictive.

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**Before you use Clobetasol Cream or Ointment**

Clobetasol Cream or Ointment is not suitable for everyone.

**When you must not use it**

Do not use Clobetasol Cream or Ointment if you are allergic to any medicine containing clobetasol propionate or any of the ingredients listed at the end of this leaflet for the product that has been prescribed for you (cream or ointment). Symptoms of an allergic reaction may include unusual reddening of the face, skin rash or hives, itching on the skin, short of breath, wheezing or finding it difficult to breath, swelling of the face, lips, tongue or other parts of the body.

Do not use Clobetasol Cream or Ointment for the following skin conditions:
- any untreated skin infection, e.g. cold sores, shingles, chickenpox, impetigo (school sores), thrush, tinea, ringworm, or any other untreated viral, bacterial or fungal infection
- rosacea (unusual reddening of the nose and cheeks)
- acne
- itching or skin conditions around the anal or genital areas including genital herpes
- skin conditions involving the mouth area
- itchy skin which is not inflamed.

Do not use Clobetasol Cream or Ointment to treat any skin condition in children under one year of age, including nappy or other skin rashes. The safety and effectiveness of clobetasol in children under the age of one year have not been established.

Do not let the cream or ointment enter your eyes.

Do not use it after the expiry date (‘Exp’) printed on the pack. If you use it after the expiry date has passed, it may not work as well.

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

If you are not sure whether you should start using Clobetasol Cream or Ointment, talk to your doctor or pharmacist.
Before you start to use it

Tell your doctor or pharmacist if you have allergies to any other medicines, foods, preservatives or dyes.

Tell your doctor if you have or have had any medical conditions. In particular, tell your doctor if you have ever had a reaction to any topical steroid or skin treatment.

Tell your doctor if you are pregnant or intend to become pregnant. Your doctor will discuss the risks and benefits of using Clobetasol if you are pregnant.

Tell your doctor if you are breastfeeding or intend to breastfeed. It is not known whether Clobetasol passes into breast milk. If Clobetasol is used during breastfeeding, it is important to not let any Clobetasol get on or near your breasts where your baby may accidentally swallow it.

If you have not told your doctor or pharmacist about any of the above, tell them before you start using Clobetasol Cream or Ointment.

Taking other medicines

Tell your doctor or pharmacist if you are taking any other medicines or using any other creams, ointments or lotions, including any that you get without a prescription from your pharmacy, supermarket or health food shop.

Some medicines may interfere with Clobetasol Cream or Ointment. These include:
- ritonavir, a medicine used to manage human immunodeficiency virus (HIV) infection
- itraconazole, a medicine for treating fungal infections.

These medicines may be affected by Clobetasol Cream or Ointment, or may affect how well it works. You may need different amounts of your medicine, or you may need to take different medicines.

Your doctor and pharmacist have more information on medicines to be careful with or avoid while using Clobetasol Cream or Ointment.

How to use Clobetasol Cream or Ointment

Read the label carefully and follow all directions given to you by your doctor and pharmacist. They may differ from the information contained in this leaflet.

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

How much to use

Your doctor will tell you how much Clobetasol Cream or Ointment you need to apply each day.
Do not use more than the recommended amount.
It is important that you only apply the cream or ointment as directed by your doctor.

Ask your doctor or pharmacist if you are unsure of the correct amount to use.
They will tell you exactly how much to use depending on your condition. If you use the wrong amount or use it less often than you should, Clobetasol Cream or Ointment may not work as well and your skin problem may not improve. Using it more often than you should may not improve your skin problem any faster and may cause or increase side effects.

How long to use it

Your doctor will advise you how long to use Clobetasol Cream or Ointment. Duration of treatment might take from a few days to a longer period of time. Sometimes your doctor will recommend repeated short courses of Clobetasol Cream or Ointment instead of one long course. This helps reduce the possibility of side effects.

Once your skin condition is under control, your doctor will recommend you gradually reduce the amount of Clobetasol you use before stopping it and replacing it with a moisturiser.

If you are using Clobetasol Cream or Ointment to treat a skin condition on the face, do not use it for longer than five days.

For children, do not use Clobetasol Cream or Ointment for longer than five days. Children are more likely to get side effects and usually need less treatment than adults.

Adults should not use Clobetasol Cream or Ointment for more than 4 weeks.

If the skin condition gets worse or if it does not get better within 2 to 4 weeks then see your doctor.

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

If you forget to use it

If you forget to use Clobetasol Cream or Ointment, apply it as soon as you remember and then use it again at the normal time.
Do not use twice as much to make up for a missed dose.

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 hints.
Applying your medicine at the same time each day may help you to remember to use it regularly.
While you are using Clobetasol Cream or Ointment

**Things you must do**

If you are about to be started on any new medicine, tell your doctor and pharmacist that you are using Clobetasol Cream or Ointment. Likewise, tell any other doctors, dentists and pharmacists who are treating you that you are using this medicine.

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

Use Clobetasol Cream or Ointment exactly as your doctor has prescribed. Your doctor knows which skin conditions are suitable for treatment with a topical steroid and how to apply it to get the best results.

If you are using Clobetasol Cream or Ointment under dressings, cleanse the skin before a fresh dressing is applied.

Keep all of your doctor's appointments so that your progress can be checked. This is especially important if your doctor has prescribed Clobetasol Cream or Ointment for psoriasis.

See your doctor if you feel that your condition is not improving or is getting worse.

For example, tell your doctor if you develop a skin rash or hives while using Clobetasol Cream or Ointment or if you skin starts to feel hot or looks redder than usual. Sometimes treatment with Clobetasol can cause a local allergic reaction or increase the chance of getting an infection. This is a particular risk if you are using Clobetasol to treat inflamed skin around a leg ulcer.

**Things you must not do**

Do not use large amounts of Clobetasol Cream or Ointment for a long time.
Do not use Clobetasol Cream or Ointment for more than 4 weeks in adults or 5 days in children.
If you use large amounts for a long time, the chance of absorption through the skin increases. This can result in side effects such as weight gain, rounding of the face, hair loss, high blood pressure, bone thinning or cataracts. It can also result in your skin getting thinner or dryer, skin wrinkling, pink/purple stretch marks, or blood vessels near your skin looking more visible.

Do not use Clobetasol Cream or Ointment on skin areas that rub together such as under the arm area, or on wet, weak or broken skin, or under a dressing unless your doctor tells you to.
Using Clobetasol Cream or Ointment in this way also increases the chance of absorption through the skin and side effects like those listed above.
If you use Clobetasol Cream or Ointment on the eyelids, do not let the cream or ointment enter your eyes.
If it gets in the eye, Clobetasol Cream or Ointment will cause irritation and may increase eye pressure which can cause glaucoma. If you accidentally get any of the cream or ointment in the eye, flush your eye with large amounts of water.

Do not give your medicine to anyone else, even if they have the same condition as you.
This medicine is only intended for the person it has been prescribed for.

Do not use Clobetasol Cream or Ointment to treat any other complaints unless your doctor tells you to.
Not all skin conditions can be treated with a topical steroid.

### In case of overdose

**If you use too much or if you swallow it**

You should only apply the amount that has been prescribed by your doctor.

Immediately contact your doctor or the Poisons Information Centre (0800 POISON or 0800 764 766) or go to Accident and Emergency at your nearest hospital, if you think that you may have applied too much, or if anyone else has applied or consumed any Clobetasol Cream or Ointment by mistake.

Do this even if there are no signs of discomfort or poisoning.
You may need urgent medical attention. Take the cream or ointment container with you if you can.

### Side effects

Tell your doctor or pharmacist as soon as possible if you do not feel well while you are using Clobetasol Cream or Ointment.
Like all medicines, Clobetasol Cream or Ointment may occasionally cause side effects in some people. Sometimes they are serious, most of the time they are not. You may need medical attention if you get some of the side effects.

Ask your doctor or pharmacist to answer any questions you may have.

Tell your doctor or pharmacist if you notice any of the following effects:
- itchy, burning or painful skin
- thinning, wrinkling or drying of the skin or stretch marks
- changes in hair growth
- changes in skin colour
- blood vessels that are close to the skin surface, becoming more visible
- your skin becomes pimply or red and swollen
Tell your doctor immediately if you notice any of the following side effects:
- weight gain, rounding of the face
- changes in vision

These may be serious side effects of Clobetasol Cream or Ointment. You may need urgent medical attention. Serious side effects are uncommon.

Applying Clobetasol Cream or Ointment over long periods of time, or using more than the recommended dose may increase the chance of developing side effects.

If your skin condition gets worse during treatment, stop applying Clobetasol Cream or Ointment and tell your pharmacist or doctor as soon as possible.

Tell your doctor or pharmacist if you notice anything else that is making you feel unwell.
Other side effects not listed above may also occur in some patients.

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

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**After using Clobetasol Cream or Ointment**

**Storage**

Keep your cream or ointment in the container until it is time to use it.

Keep Clobetasol Cream or Ointment in a cool dry place where the temperature stays below 25°C.

Do not store it or any other medicine in the bathroom, near a sink, or on a window sill. Do not leave it in the car.
Heat and damp can destroy some medicines.

Keep it and any other medicine 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.

Do not keep Clobetasol Cream or Ointment past its expiry date.

**Disposal**

Return any unused medicine and any medicine past its expiry date (as shown on the labelling) to your pharmacy.
Product description

What it looks like

Clobetasol Cream and Ointment are available in tubes of 30 g and 100 g. Clobetasol Cream is a white or almost white cream. Clobetasol Ointment is an opaque ointment.

Ingredients

Active ingredient:
- clobetasol propionate.

Inactive ingredients:

Clobetasol Cream
- cetostearyl alcohol
- glycerol monostearate
- glycerol monostearate/macrogol 100 stearate
- white beeswax
- propylene glycol
- chlorocresol (preservative)
- sodium citrate
- citric acid monohydrate
- purified water.

Clobetasol Ointment
- propylene glycol
- sorbitan sesquioleate
- white soft paraffin.

Sponsor details

BNM Group
39 Anzac Road
Browns Bay
Auckland 0753

Ph: 0800 565 633

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