

MICANOL[®] 1% Cream

Dithranol

What is in this leaflet

This leaflet answers some common questions about MICANOL. 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 MICANOL against the benefits this medicine is expected to have for you.

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

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

What MICANOL is used for

MICANOL is used for the treatment of chronic psoriasis including scalp psoriasis. Psoriasis is a stubborn skin disorder with raised, rough, reddened areas covered with dry, fine silvery scales.

The skin cells divide more rapidly with psoriasis. MICANOL acts by slowing down this rapid division.

Ask your doctor if you have any questions about why MICANOL has been prescribed for you.

Before you use MICANOL

When you must not use it

Do not use MICANOL if:

- **you have ever had an allergic reaction to MICANOL, dithranol or any of the ingredients in MICANOL listed at the end of this leaflet.**
Some of the symptoms of an allergic reaction may include skin rash, itching, difficulty in breathing.
- **you have a type of psoriasis known as acute pustular psoriasis or if your skin is inflamed or broken.**
Your doctor can discuss this further with you
- **the seal on the tube is broken.**
- **the expiry date on the pack has passed.**
If you use this medicine after the expiry date has passed, it may not work as well.

Do not use this medicine for children

If you are not sure whether you should start using Micanol, talk to your doctor.

Before you start to use it

You must tell your doctor:

- **if you have had any type of allergic reaction to Micanol or dithranol in the past.**
- **if you have allergies to any medicines or any substances such as foods, preservatives or dyes.**
- **if you have recently used any corticosteroid ('steroid') cream, ointment or lotion, such as betamethasone, hydrocortisone or other similar product.**

If you have been using a corticosteroid ('steroid') cream, ointment or lotion for a long time, you must have a break of one to two weeks before starting MICANOL. An emollient (or moisturising) cream or lotion which softens or soothes the skin may be used in the intervening period, provided it does not contain propylene glycol. Check with your pharmacist whether any emollient (or moisturising) cream or lotion which you intend to use contains propylene glycol.

- **if you are pregnant, intend to become pregnant, are breast-feeding or plan to breast-feed.**

Like most medicines, MICANOL is not recommended in pregnancy and breast-feeding. However, your doctor will discuss using MICANOL during pregnancy and breast-feeding.

Do not apply MICANOL to the breasts before breast-feeding.

If you are not sure whether you should start using MICANOL, talk to your doctor.

Using other medicines

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

Some medicines may interfere with MICANOL. These include:

- Medicines which make you more sensitive to sunlight or which make you burn more easily
- Medicines containing propylene glycol - many emollient or moisturising creams and lotions contain propylene glycol
- Corticosteroid ('steroid') creams, ointments or lotions, such as betamethasone, hydrocortisone or other similar products

These medicines may be affected by MICANOL, 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 or pharmacist has more information on medicines to be careful with or to avoid while using MICANOL.

How MICANOL is used

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

These directions may differ from the information contained in this leaflet.

It is important to use MICANOL 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 psoriasis may not improve. Using it more often than you should may not improve your psoriasis any faster and may cause or increase side effects.

How to use it

Use on the skin:

Apply MICANOL cream only to the affected areas and be careful to avoid contact with normal skin. Use only a small amount, rubbing it in gently and thoroughly until it no longer smears.

MICANOL cream should be applied once a day and removed by washing off no longer than 30 minutes after application. Your doctor will tell you how long to leave the cream on. The cream must be washed off using plenty of **lukewarm water only**. This may be easiest in a bath or shower, particularly if the treated area is large.

MICANOL is specially formulated so that it is easily washed off using lukewarm water only. **Do not use very hot water or soap as these may increase the staining from MICANOL. Soap may be used for washing after the MICANOL has been rinsed off.**

Use on the scalp:

For use on the scalp, first wash the hair with shampoo, rinse and then apply MICANOL cream while the hair is still damp. Leave in contact for no longer than 30 minutes and then rinse off using plenty of lukewarm water only. Further shampoo may be used **after** the cream has been removed.

MICANOL can stain the skin. To avoid this, you may wish to wear disposable gloves when applying it. Always wash your hands after application.

How long to use it

Your doctor will tell you how long to use MICANOL.

If you use MICANOL for longer than your doctor tells you, the chance of side effects may increase.

If you forget to use it

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

Do not try to make up for the amount you missed by applying more than you would normally use.

If you swallow it

Immediately telephone your doctor of 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 MICANOL.

Keep the telephone numbers of these places/services handy.

While you are using MICANOL

Things you must do

Wash your hands thoroughly after using MICANOL cream.

Tell all the doctors, dentists and pharmacists who are treating you that you are using MICANOL.

If you feel that MICANOL is not helping your psoriasis, tell your doctor or pharmacist.

Go back to your doctor if the skin becomes extremely red or if there is a burning feeling, or if the psoriasis spreads.

Tell your doctor if, for any reason, you have not used MICANOL exactly as prescribed. Otherwise your doctor may think that it was not effective and change your treatment unnecessarily.

If you become pregnant while you are using MICANOL tell your doctor.

If you are about to start taking any new medicine, tell your doctor and pharmacist that you are using MICANOL.

Things you must not do

Do not use MICANOL on the face. In particular keep it away from the eyes and mouth. If any gets in the eyes accidentally, wash the eyes with plenty of lukewarm water.

Do not use MICANOL on the lining of the mouth or on skin areas that rub together such as under the arm or in the groin or the genitalia.

Do not apply to blistered, raw or oozing areas of the skin.

Do not use MICANOL under dressings or on large areas of skin unless your doctor tells you.

Do not use very hot water or soap to wash MICANOL off the skin, as these may increase the staining from MICANOL.

Do not give MICANOL to anyone else, even if their symptoms seem similar to yours.

Do not use MICANOL to treat other conditions unless your doctor tells you to.

Your doctor has prescribed MICANOL specially for you and your condition. If you use it for another condition it may not work or make the condition worse.

Things to be careful of

Do not use large amounts of MICANOL for a long time. If you use large amounts for a long time, the chance of absorption through the skin and the chance of side effects increases. Ask your doctor or pharmacist if you are concerned about the length of time you have been using MICANOL.

MICANOL may stain fabrics and contact should be avoided if possible. If staining occurs, rinse and then wash with lukewarm water only as soon as possible. To prevent staining of the bath or shower, rinse with lukewarm water after use. Should any deposit be left on the surface a suitable cleaner may be used.

Side Effects

Tell your doctor or pharmacist as soon as possible if you do not feel well while you are using MICANOL.

Micanol helps most people with psoriasis but it may have unwanted effects in a few people.

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

Side effects that have been reported by some people using MICANOL include:

- burning or redness, either on the psoriasis area or the surrounding normal skin.

Tell your doctor immediately or go to casualty at your nearest hospital if you notice any of the following:

- allergic reaction (skin rash).

MICANOL may cause other side effects. If you have any other side effects, check with your doctor.

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

Staining of the treated and surrounding skin may appear. This usually disappears 1 to 2 weeks after treatment has stopped. The staining may also affect the fingernails and the hair.

After using MICANOL

Storage

Keep MICANOL 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.

Keep MICANOL in a cool dry place where the temperature stays below 25°C.

Do not leave it in the car or on window sills. Heat can destroy some medicines.

Do not use the cream after the expiry date stated on the packaging.

Disposal

If your doctor tells you to stop using MICANOL or it has passed its expiry date, ask your pharmacist what to do with any cream left over.

Product description

What it looks like

MICANOL is a pale yellow cream, dispensed in a tube containing 50g of cream.

Ingredients

The active ingredient of MICANOL 1% Cream is dithranol in a concentration of 1% w/w. It also contains the following inactive ingredients: glyceryl monolaurate, glyceryl monomyristate, anhydrous citric acid, sodium hydroxide and purified water.

Manufacturer/Distributor/Supplier

In New Zealand:
AFT Pharmaceuticals Limited
P.O. Box 33-203
Takapuna
AUCKLAND

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