

# NEW ZEALAND CONSUMER MEDICINE INFORMATION

## BETA SCALP APPLICATION

*Betamethasone valerate scalp lotion 0.1% w/w*



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### What is in this leaflet

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Please read this leaflet carefully before you start using BETA SCALP APPLICATION.

This leaflet answers some common questions about BETA SCALP APPLICATION.

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 taking BETA SCALP APPLICATION against the benefits they expect it will have for you.

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

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

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### What BETA SCALP APPLICATION is used for

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BETA SCALP APPLICATION is used to treat conditions of the scalp, such as psoriasis and the inflammation associated with severe dandruff.

BETA SCALP APPLICATION contains the active ingredient betamethasone valerate. It belongs to a group of medicines called topical corticosteroids. "Topical" means that they are applied onto the skin. Topical corticosteroids are used to help reduce the inflammation that causes the redness and itchiness in a variety of conditions (they are not 'anabolic' steroids which are sometimes misused by athletes).

Your doctor may have prescribed it for another reason.

**Ask your doctor if you have any questions about why this medicine has been prescribed for you.**

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

There is no evidence that BETA SCALP APPLICATION is addictive.

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### Before you use BETA SCALP APPLICATION

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#### *When you must not use it*

**Do not use BETA SCALP APPLICATION if you have an allergy to:**

- any medicine containing betamethasone valerate
- any of the ingredients listed at the end of this leaflet

Some of the symptoms of an allergic reaction may include: shortness of breath; wheezing or difficulty breathing; swelling of the face, lips, tongue or other parts of the body; rash, itching or hives on the skin.

**Do not use BETA SCALP APPLICATION if you have an infection on your scalp.**

**Do not use BETA SCALP APPLICATION on children under the age of one year.**

Safety and effectiveness on children younger than one year old have not been established.

**Do not take this medicine after the expiry date printed on the pack or if the packaging is torn or shows signs of tampering.**

If it has expired or is damaged, return it to your pharmacist for disposal.

**If you are not sure whether you should start using this medicine, talk to your doctor.**

#### ***Before you start to use it***

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

**Tell your doctor if you have or have had any of the following medical conditions:**

- liver disease
- kidney disease
- skin diseases such as wounds or inflammations
- conditions that require you to wear dressings

**Tell your doctor if you are pregnant, plan to become pregnant, or are breastfeeding. Your doctor can discuss with you the risks and benefits involved.**

If you do use BETA SCALP APPLICATION when breastfeeding, do not use on your breast area so that the baby does not accidentally get the medicine in their mouth.

**If you have not told your doctor about any of the above, tell them before you start using BETA SCALP APPLICATION.**

#### ***Taking other medicines***

**Tell your doctor or pharmacist if you are taking any other medicines, including medicines that you buy without a prescription from your pharmacy, supermarket or health food shop.**

You should also tell any health professional who is prescribing a new medication for you that you are using BETA SCALP APPLICATION.

Some medicines may interfere with BETA SCALP APPLICATION. These include:

- ritonavir (a medicine used for the treatment of HIV)
- itraconazole (a medicine for the treatment of fungal infections)

These medicines may be affected by BETA SCALP APPLICATION or may affect how well it works. You may need different amounts of your medicines, or you may need to take different medicines.

Your doctor or pharmacist has more information on medicines to be careful with or avoid while using this medicine.

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## How to use BETA SCALP APPLICATION

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

They may differ from the information contained in this leaflet.

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

### ***How much to use***

Your doctor will tell you how much BETA SCALP APPLICATION you need to apply each day. It is important that you apply BETA SCALP APPLICATION only as directed by your doctor.

**Do not use more than the recommended amount.**

Applying more than this may allow the active ingredient in this medication to pass through the scalp and into the blood stream. This could affect other parts of the body and may result in unwanted side effects.

### ***How to use it***

**Wash your hands** before and after you have used BETA SCALP APPLICATION.

When applying the application to your scalp, be careful not to get the liquid in your eyes. If you wash or shampoo your hair, it should be dried before applying the liquid.

### ***When to use it***

For adults, BETA SCALP APPLICATION is usually applied to the scalp twice a day (once in the morning and once at night). This may be reduced as your scalp problems get better.

**Your doctor may tell you to apply the scalp application differently to this. If so, it is important you follow their instructions.**

**Use your medicine about the same times each day.**

Using it at the same times each day will have the best effect. It will also help you remember when to use it.

### ***How long to use it***

**Continue using your medicine for as long as your doctor tells you.**

Do not use BETA SCALP APPLICATION for any longer than your doctor has prescribed. Using this type of medicine for a long time may affect the normal production of steroids in your body and be harmful to your health.

Duration of treatment will depend on your condition and can vary between a few days to a longer period of time. If your scalp condition does not clear within a few weeks, tell your doctor.

Use on children should be limited to 5 days and dressing or bandages should not be used on children where the scalp application is applied.

### ***If you forget to use it***

**If it almost time for your next application, skip the application you missed and apply your next dose when you are meant to.**

**Otherwise, use it as soon as you remember, and then go back to using your medicine as you would normally.**

**Do not apply twice to make up**

**for the application that you missed.**

This may increase the chance of you getting unwanted side effects.

**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.

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## While you are using BETA SCALP APPLICATION

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### ***Things you must do***

**Tell your doctor if, for any reason, you have not used your medicine exactly as directed.**

Otherwise, your doctor may think that it was not working as it should and change your treatment unnecessarily.

**If you are about to be started on any new medicine, tell your doctor and pharmacist that you are using BETA SCALP APPLICATION.**

**Tell any other doctors, dentists, and pharmacists who treat you that you are using this medicine.**

**If you are going to have surgery, tell the surgeon or anaesthetist that you are using this medicine.** It may affect other medicines used during surgery.

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

**If you are about to have any blood tests, tell your doctor that you are using this medicine.** It may interfere with the results of some tests.

**Keep all of your doctor's appointments so that your progress can be checked, especially if your doctor has prescribed BETA SCALP APPLICATION for psoriasis.** Your doctor may want to make sure the medicine is working and to prevent unwanted side effects.

## **Things you must not do**

**Do not use BETA SCALP APPLICATION to treat any other complaints or skin conditions unless your doctor tells you to.**

**Do not give this medicine to anyone else, even if they have the same condition as you.**

**Do not stop using your medicine or lower the dosage without checking with your doctor.**

If you stop using it suddenly, your condition may worsen or you may have unwanted side effects. If possible, your doctor will gradually reduce the amount you use each day before stopping the medicine completely.

**Do not allow the BETA SCALP APPLICATION to run into your eyes.**

If the application does accidentally enter your eyes, rinse your eye(s) thoroughly with water. Do not touch your eyes until you have washed your hands.

## **Things to be careful of**

**Only use an airtight dressing over this medicine if your doctor has told you to.**

If you are applying BETA SCALP APPLICATION under an airtight dressing, make sure that the skin is cleansed before a fresh dressing is applied to prevent infections.

**BETA SCALP APPLICATION is flammable so keep it away from fire, flames and all sources of ignition.**

Avoid smoking whilst applying it to the scalp and immediately after use. Do not dry your hair with a hairdryer after applying BETA SCALP APPLICATION.

**Be careful driving or operating machinery until you know how BETA SCALP APPLICATION affects you.**

This medicine may cause blurred vision in some people. If you have this symptom, do not drive, operate machinery or do anything else that could be dangerous.

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## **In case of overdose**

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### ***If you use too much (overdose)***

**Immediately telephone your doctor or the National Poisons Information Centre (telephone 0800 POISON or 0800 764 766), or go to Accident and Emergency at your nearest hospital, if you think that you or anyone else may have accidentally swallowed BETA SCALP APPLICATION; or if you or anyone else may have used too much BETA SCALP APPLICATION. Do this even if there are no signs of discomfort or poisoning.** You may need urgent medical attention.

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## **Side effects**

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**Tell your doctor or pharmacist as soon as possible if you do not feel well while you are using BETA SCALP APPLICATION.**

This medicine helps most people with scalp conditions, but it may have unwanted side effects in a few people.

**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.**

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

**Tell your doctor or pharmacist if you notice any of the following and they worry you:**

- skin rash or hives
- hot burning sensation on skin or pain
- itching
- redness
- increased weight
- moon face / rounding of the face
- obesity
- skin wrinkling
- skin dryness
- hair loss / lack of hair growth / damaged looking hair

**Tell your doctor as soon as possible if you notice any of the following:**

- increased hair growth
- thinning of the skin and appearance of stretch marks
- changes to the colour of your skin
- appearance of blood vessels under the surface of your skin
- raised bumps with pus under the skin (this can happen during or after treatment)
- blurred vision
- skin infection
- irritation at the site of application

**If any of the following happen, tell your doctor immediately or go to Accident and Emergency at your nearest hospital:**

- your skin condition gets worse or your skin becomes swollen during treatment
- wheezing, swelling of the lips/mouth, difficulty in breathing, hay fever, lumpy rash (hives) or fainting
- allergic reaction at the site of application

The above list includes very serious side effects. You may need urgent medical attention or hospitalisation.

**Tell your doctor or pharmacist if you notice anything that is making you feel unwell.**

Other side effects not listed above may also occur in some people. Tell your doctor if you notice any other effects.

Some side effects (for example, decrease in the level of the hormone cortisol in your blood, increased levels of sugar in your blood or urine, high blood pressure, cloudy lens in the eye (cataract), increased pressure in the eye (glaucoma) a weakening of the bones through gradual loss of mineral (osteoporosis)) can only be found when your doctor does tests from time to time to check your progress.

Do not be alarmed by these lists of possible side effects. You may not experience any of them.

- sodium hydroxide
- carbomer
- purified water

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## After using BETA SCALP APPLICATION

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### **Storage**

Keep your BETA SCALP APPLICATION in the container until it is time to use it.

Keep your BETA SCALP APPLICATION in a cool dry place where the temperature stays below 25°C. Avoid exposure to heat, light and moisture.

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

**Keep it 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.

### **Disposal**

If your doctor tells you to stop using this medicine or the expiry date has passed, ask your pharmacist what to do with any medicine that is left over.

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## Product description

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### **What it looks like**

BETA SCALP APPLICATION is an almost clear, colourless liquid.

### **Ingredients**

#### Active ingredient:

BETA SCALP APPLICATION contains 0.1% w/w of betamethasone valerate as the active ingredient.

#### Inactive ingredients:

BETA SCALP APPLICATION also contains:

- isopropyl alcohol

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## If you want to know more

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Should you have any questions regarding this product, please contact your pharmacist or doctor.

### **Who supplies this medicine**

BETA SCALP APPLICATION is supplied in New Zealand by:

Mylan New Zealand Ltd,  
PO Box 11183,  
Ellerslie,  
Auckland  
NEW ZEALAND

Telephone: 0800 579 811

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## Date of Preparation

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23 April 2020

(Based on datasheet dated 22 April 2020)