

# CONSUMER MEDICINE INFORMATION

## NERISONE®

*Cream: 1 g cream contains 1 mg diflucortolone valerate.*

*Fatty Ointment: 1 g fatty ointment contains 1 mg diflucortolone valerate.*

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### What is in this leaflet

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Please read this leaflet carefully before you start using Nerisone®.

It will advise you about how to use Nerisone® properly and when to tell your doctor about health-related conditions.

If you have any questions or need more advice, ask your doctor, professional health care provider or pharmacist.

This preparation has been prescribed for you personally and you should not pass it on to others. It may harm them.

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

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### What is Nerisone® used for

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Nerisone® is an anti-inflammatory medicine (a corticosteroid) for use on the skin. Nerisone® treats inflammatory and allergic skin reactions (eg. eczema) that can cause redness, swelling, itchiness or soreness.

It can also be used to treat first degree burns, sunburn and insect bites.

Nerisone® is available in two different formulations:

- Nerisone® cream

Nerisone® cream is particularly suitable for weeping skin conditions (ie. skin producing fluid), and for use on exposed or hairy parts of the body.

- Nerisone® fatty ointment

Nerisone® fatty ointment is particularly suitable for very dry skin conditions or skin conditions that have been occurring for a long time.

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### Before you use Nerisone®

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Do not use Nerisone® if you have any of the conditions listed below. If any of these apply to you, tell your doctor before starting to use Nerisone®.

***You must not use Nerisone® if:***

- You are hypersensitive (allergic) to diflucortolone valerate or any of the other ingredients of Nerisone® as listed under **Further Information**.
- You are suffering from tuberculosis or syphilis in the area to be treated.
- You are suffering from a viral disease (eg. chicken-pox or shingles).
- You have had a skin reaction after vaccination in the area to be treated.
- You have acne, rosacea (skin condition of the face where the nose and cheeks are unusually red) or perioral dermatitis (a skin rash that forms around the nostrils, mouth or eyes).

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

Tell your doctor or pharmacist if:

- You are pregnant or plan to become pregnant. Your doctor will discuss the risks and benefits of using Nerisone® with you.
- You are breast-feeding or planning to breast-feed. Your doctor will discuss the risks and benefits of using Nerisone® with you.
- You are using any other medicines, including any that you buy without a prescription from your pharmacy, supermarket or health food shop.

***What else you should know***

If your doctor decides that your skin disease is accompanied by bacterial or fungal infections, additional therapy is required. Your doctor will be able to provide more information.

If your skin dries out excessively under use of Nerisone® cream, you may need to change to a formulation with a higher fat content. Your doctor will be able to provide more information.

Under certain conditions there is a risk that Nerisone® may lead to the development of an eye condition called glaucoma. Your doctor will be able to provide more information.

Do not give Nerisone® to anyone else, even if they have the same condition as you.

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**How to use Nerisone®**

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Your doctor will decide which Nerisone® formulation (cream or fatty ointment) is best suited to you.

### ***How to apply it***

Your doctor will tell you how often to apply Nerisone®. In general, Nerisone® should be applied two or three times a day in a thin layer to the affected area of skin. Once there are signs of improvement, one application per day may be enough.

In some cases, your doctor may require you to place a covering over the cream. Your doctor will be able to provide more information on how this works.

If you apply Nerisone® to the face, it should not be allowed to come into contact with your eyes.

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

Your doctor will tell you how long you to use Nerisone®. Babies and children up to 4 years old should not use Nerisone® for longer than 3 weeks.

Ask your doctor or pharmacist if you have any questions about how long you should use Nerisone®.

### ***If you forget to use Nerisone®***

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

**Do not use a double dose of Nerisone® to make up for a dose that you left out.** If you are not sure what to do, ask your doctor or pharmacist.

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## **In case of overdose**

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

No risk is to be expected from a one-time overdose (that is, when applied once to a large area of skin) or from accidental swallowing.

However, if you think that you or someone else may have used too much or swallowed some of this medicine you should:

- Telephone your doctor *or*
- Contact the New Zealand Poisons Information Centre (0800 POISON or 0800 764 766) *or*
- Go to Accident and Emergency at the nearest hospital.

**Do this even if there are no signs of discomfort or poisoning. Urgent medical attention may be required.**

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## Side effects

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Tell your doctor or pharmacist if you do not feel well while you are using Nerisone®.

Like other medicines Nerisone® can cause some side effects. If they occur, most are likely to be minor and temporary. However, some may be serious and require medical attention.

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

**You must get urgent medical help if you have any of the following symptoms. You may be having an allergic reaction:**

- **You have difficulty breathing**
- **Your lips, face or throat swell or you have difficulty swallowing**
- **You have a severe and sudden onset of itching, redness, hives or a rash around the application area**

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

- Gradual onset of itching, burning or redness of the skin
- Blistering of the skin, acne-like spots or small red bumps around the mouth
- Skin thinning or development of stretch marks
- Skin discolouration
- Growth of body hair or inflammation of the hair follicle

Some people get other side effects while using Nerisone®. Tell your doctor if you notice any unwanted side effect, especially if severe or persistent, or if there is a change in your health that you think might be caused by Nerisone®.

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

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## After using Nerisone®

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### **Storage**

Nerisone® cream and fatty ointment must be stored in a cool dry place where the temperature stays below 25 °C.

**Do not store it in the bathroom, near a sink or in a car on hot days.**

Heat and dampness can destroy some medicines.

**Keep it out of the reach and sight of children.** A locked cupboard at least one-and-a-half metres above the ground is a good place to store medicines.

**Do not use Nerisone ointment or cream after the expiry date stated on the package. Do not use Nerisone<sup>®</sup> cream if it has been open for more than 3 months.**

### ***Disposal***

If your doctor or pharmacist tells you to stop using Nerisone<sup>®</sup> or it has passed its expiry date, ask your pharmacist what to do with any that is left over.

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## **Product description**

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### ***What it looks like***

Nerisone<sup>®</sup> is packaged in tubes containing 50 g cream or fatty ointment.

### ***Ingredients***

**Nerisone<sup>®</sup> cream contains:** Diflucortolone valerate, white soft paraffin, liquid paraffin, stearyl-alcohol, polyoxyl 40 stearate, polyacrylic acid, sodium hydroxide, disodium edetate dihydrate, methyl parahydroxybenzoate, propyl parahydroxybenzoate, purified water.

**Nerisone<sup>®</sup> ointment contains:** Diflucortolone valerate, white soft paraffin, liquid paraffin, microcrystalline wax, hydrogenated castor oil.

**If you have any further questions please consult your doctor or pharmacist.**

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## **Sponsor details**

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LEO Pharma Limited  
Auckland  
New Zealand

Toll Free No.: 0800 497 456

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## **Date of preparation**

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This leaflet was prepared in January 2020