

# BETNOVATE

## Consumer Medicine Information (CMI) summary

The [full CMI](#) on the next page has more details. If you are worried about using this medicine, speak to your doctor or pharmacist.

### 1. Why am I using BETNOVATE?

BETNOVATE contains the active ingredient betamethasone valerate. BETNOVATE is used to treat various inflammatory skin conditions, including eczema, psoriasis, dermatitis, insect bites and prickly heat.

For more information, see Section [1. Why am I using BETNOVATE?](#) in the full CMI.

### 2. What should I know before I use BETNOVATE?

Do not use if you have ever had an allergic reaction to BETNOVATE, any other similar medicines such as corticosteroids, or any of the ingredients listed at the end of the CMI.

**Talk to your doctor if you have any other medical conditions, take any other medicines, or are pregnant or plan to become pregnant or are breastfeeding. Do not use BETNOVATE on children under 1 year of age.**

For more information, see Section [2. What should I know before I use BETNOVATE?](#) in the full CMI.

### 3. What if I am taking other medicines?

Some medicines may interfere with BETNOVATE and affect how it works.

A list of these medicines is in Section [3. What if I am taking other medicines?](#) in the full CMI.

### 4. How do I use BETNOVATE?

- Use only enough BETNOVATE to cover the entire affected area once or twice a day.
- The number of times you use BETNOVATE may be reduced as your skin gets better or your doctor may prescribe a weaker steroid for you to use instead.

More instructions can be found in Section [4. How do I use BETNOVATE?](#) in the full CMI.

### 5. What should I know while using BETNOVATE?

<b>Things you should do</b>	<ul style="list-style-type: none"><li>• Remind any doctor, dentist or pharmacist you visit that you are using BETNOVATE.</li><li>• Tell your doctor if you experience blurred vision or other visual disturbances.</li><li>• Tell your doctor if you become pregnant while using this medicine.</li></ul>
<b>Things you should not do</b>	<ul style="list-style-type: none"><li>• Do not give this medicine to anyone else, even if they have the same condition as you.</li><li>• Do not use BETNOVATE to treat any other complaints unless your doctor tells you to.</li><li>• Do not let BETNOVATE get into your eyes.</li><li>• Whilst using BETNOVATE do not smoke or go near naked flames due to the risk of severe burns.</li></ul>
<b>Driving or using machines</b>	<ul style="list-style-type: none"><li>• Be careful driving or operating machinery or tools until you know how BETNOVATE affects you.</li></ul>
<b>Looking after your medicine</b>	<ul style="list-style-type: none"><li>• Store below 25°C.</li><li>• Store in a cool, dry place away from fire, flame, heat, sunlight and moisture.</li></ul>

For more information, see Section [5. What should I know while using BETNOVATE?](#) in the full CMI.

### 6. Are there any side effects?

Side effects which have been reported include skin rash or hives, hot or burning sensation, itching, skin wrinkling, skin dryness, 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, increased weight, moon face / rounding of the face, obesity, increased body hair, hair loss / lack of hair growth / damaged looking hair. Serious side effects include worsening of your skin condition or swelling and allergic reaction. Very rare side effects that may show up in blood tests or medical examinations include cloudy lens in the eye (cataract), increased pressure in the eye (glaucoma), high blood pressure, decreased cortisol levels, increased levels of sugar in your blood or urine and weakening of the bones.

For more information, including what to do if you have any side effects, see [Section 6. Are there any side effects?](#) in the full CMI.

# BETNOVATE

Active ingredient *betamethasone valerate* 0.122% w/w (equivalent to *betamethasone* 0.1% w/w)

## Consumer Medicine Information (CMI)

This leaflet provides important information about using BETNOVATE. **You should also speak to your doctor or pharmacist if you would like further information or if you have any concerns or questions about using BETNOVATE.**

Where to find information in this leaflet:

- [1. Why am I using BETNOVATE?](#)
- [2. What should I know before I use BETNOVATE?](#)
- [3. What if I am taking other medicines?](#)
- [4. How do I use BETNOVATE?](#)
- [5. What should I know while using BETNOVATE?](#)
- [6. Are there any side effects?](#)
- [7. Product details](#)

### 1. Why am I using BETNOVATE?

**BETNOVATE contains the active ingredient betamethasone valerate.** BETNOVATE belongs to a group of medicines known as corticosteroids, frequently called 'steroids'. They are not 'anabolic steroids' which are the steroids sometimes misused by athletes.

**BETNOVATE is used to treat various inflammatory skin conditions, including eczema, psoriasis, dermatitis, insect bites and prickly heat. It works by reducing the inflammation in the affected area to reduce the redness, swelling and itchiness of the skin.**

### 2. What should I know before I use BETNOVATE?

#### Warnings

**Do not use BETNOVATE if:**

- you are allergic to betamethasone valerate, any other similar medicines such as corticosteroids, or any of the ingredients listed at the end of this leaflet. Always check the ingredients to make sure you can use this medicine. 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
- you already have an infection unless your doctor tells you to. You may need to use additional medicine.

Do not use BETNOVATE to treat any of the following skin problems; it could make them worse:

- infected skin (unless the infection is being treated with an anti-infective medicine at the same time)
- acne

- rosacea (a facial skin condition where the nose, cheeks, chin, forehead or entire face are unusually red, with or without tiny visible blood vessels, bumps (papules) or pus-filled bumps (pustules))
- rashes around the mouth
- itchy skin which is not inflamed
- itching around the anus or genitals (penis and vagina)

If you think any of these apply to you, do not use BETNOVATE until you have checked with your doctor or pharmacist.

Do not let BETNOVATE lotion get in your eyes.

#### Check with your doctor if you:

- have any other medical conditions
- take any medicines for any other condition

During treatment, you may be at risk of developing certain side effects. It is important you understand these risks and how to monitor for them. See additional information under Section [6. Are there any side effects?](#)

#### Pregnancy and breastfeeding

Check with your doctor if you are pregnant or intend to become pregnant.

Talk to your doctor if you are breastfeeding or intend to breastfeed.

Your doctor can discuss with you the risks and benefits involved.

If you do use BETNOVATE when breast-feeding, do not use on your breast area so that the baby does not accidentally get BETNOVATE in their mouth.

#### Children

Do not use BETNOVATE on children under 1 year of age.

### 3. What if I am taking other medicines?

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

**Some medicines may interfere with BETNOVATE and affect how it works:**

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

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

**Check with your doctor or pharmacist if you are not sure about what medicines, vitamins or supplements you are taking and if these affect BETNOVATE.**

## 4. How do I use BETNOVATE?

Follow all directions given to you by your doctor carefully. They may differ from the information contained in this CMI.

### How much to use

- Use only enough BETNOVATE to cover the entire affected area once or twice a day.
- The number of times you use BETNOVATE may be reduced as your skin gets better or your doctor may prescribe a weaker steroid for you to use instead.

### How to use BETNOVATE

- Apply a thin layer once or twice daily and gently rub in, using only enough to cover the entire affected area.
- Wash your hands after use unless treating the hands.
- **Due to the flammable nature of BETNOVATE, you should avoid smoking or being near an open flame while you're applying BETNOVATE, and immediately after you've used it.**
- If you are also using an emollient (moisturising) preparation allow time for BETNOVATE to be absorbed after each application before applying the emollient.
- If your eczema flares up frequently, your doctor may suggest that you use a less frequent dose of BETNOVATE once your eczema is under control, to help stop your eczema from coming back.

### When to use BETNOVATE

- Using it at the same time each day will have the best effect. It will also help you remember when to use it.
- BETNOVATE should be used once or twice daily for no more than four weeks at a time.
- Only use BETNOVATE for as long as your doctor recommends. If the condition worsens or does not improve within two to four weeks, talk to your doctor or pharmacist.
- If you use BETNOVATE regularly make sure you talk to your doctor before you stop using it.

### If you forget to use BETNOVATE

BETNOVATE should be used regularly at the same time each day. If you miss your dose at the usual time, apply it as soon as you remember then continue as before.

**Do not apply extra BETNOVATE to make up for missed doses.**

### If you use too much BETNOVATE

If you think that you have used too much BETNOVATE, you may need urgent medical attention.

### You should immediately:

- phone the Poisons Information Centre (by calling **0800 POISON** or **0800 764 766**), or
- contact your doctor, or
- go to the Emergency Department at your nearest hospital.

You should do this even if there are no signs of discomfort or poisoning.

## 5. What should I know while using BETNOVATE?

### Things you should do

- **Tell your doctor if you have not taken 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, remind your doctor and pharmacist that you are using BETNOVATE.**
- **Take care when applying BETNOVATE to the eyelids to make sure it does not get into your eye.**
- **Take care when applying BETNOVATE to the face over a long period of time as it may cause skin thinning.**
- **Take care if you have eczema around a leg ulcer. Use of a topical corticosteroid may increase the risk of an allergic reaction or an infection around the ulcer.**
- **Only use an airtight dressing over this medicine if your doctor has told you to.** If you are applying BETNOVATE under an airtight dressing, make sure that the skin is cleansed before a fresh dressing is applied to prevent infections.

### Call your doctor straight away if you:

- become pregnant while using this medicine.
- experience blurred vision or other visual disturbances.

Remind any doctor, dentist or pharmacist you visit that you are using BETNOVATE.

### Things you should not do

- Do not give this medicine to anyone else, even if they have the same condition as you.
- Do not use BETNOVATE to treat any other complaints unless your doctor tells you to.
- Do not let BETNOVATE get into your eyes.
- Whilst using BETNOVATE do not smoke or go near naked flames due to the risk of severe burns. Fabric (clothing, bedding, dressing etc.) that has been in contact with this product burns more easily and is a serious fire hazard. Washing clothing and bedding may reduce product build-up but not totally remove it.

### Driving or using machines

Be careful before you drive or use any machines or tools until you know how BETNOVATE affects you.

### Looking after your medicine

Store below 25°C. Protect from direct sunlight.

**Keep the bottle tightly closed when not in use. Contents are flammable. Keep away from fire, flame or heat.**

Store it in a cool dry place away from moisture, heat or sunlight; for example, do not store it:

- in the bathroom or near a sink, or

- in the car or on window sills.

**Keep it 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.

**When to discard your medicine**

**Discard 3 months after opening.**

**Getting rid of any unwanted medicine**

If you no longer need to use this medicine or it is out of date, take it to any pharmacy for safe disposal.

Do not use this medicine after the expiry date. Do not use if the packaging is torn or shows signs of tampering.

**6. Are there any side effects?**

All medicines can have side effects. If you do experience any side effects, most of them are minor and temporary. However, some side effects may need medical attention.

See the information below and, if you need to, ask your doctor or pharmacist if you have any further questions about side effects.

**Less serious side effects**

Less serious side effects	What to do
<p><b>General disorders and administration site conditions:</b></p> <ul style="list-style-type: none"> <li>• application site irritation</li> <li>• allergic reaction at the site of application</li> <li>• worsening of condition</li> </ul> <p><b>Skin and subcutaneous tissue disorders:</b></p> <ul style="list-style-type: none"> <li>• skin rash or hives</li> <li>• hot or burning sensation</li> <li>• itching</li> <li>• redness</li> <li>• skin wrinkling</li> <li>• skin dryness</li> <li>• skin infection</li> <li>• thinning of the skin and appearance of stretch marks</li> <li>• changes to the colour of your skin</li> <li>• appearance of blood vessels under the surface of your skin</li> <li>• if you have psoriasis you may get raised bumps with pus under the skin (pustular psoriasis).</li> </ul> <p><b>Metabolism and nutrition disorders:</b></p> <ul style="list-style-type: none"> <li>• increased weight</li> <li>• moon face / rounding of the face</li> <li>• obesity</li> <li>• increased body hair</li> <li>• hair loss / lack of hair growth / damaged looking hair</li> </ul>	<p><b>Speak to your doctor if you have any of these less serious side effects and they worry you.</b></p>

**Serious side effects**

Serious side effects	What to do
<p><b>Immune system disorders and allergic reactions:</b></p> <ul style="list-style-type: none"> <li>• skin condition gets worse or skin becomes swollen during treatment</li> <li>• wheezing</li> <li>• swelling of the lips/mouth</li> <li>• difficulty in breathing</li> <li>• hayfever</li> <li>• lumpy rash (hives)</li> <li>• fainting</li> </ul>	<p><b>Call your doctor straight away, or go straight to the Emergency Department at your nearest hospital if you notice any of these serious side effects.</b></p>

**Side effects from blood tests or medical examinations**

Very rare side effects that may show up in blood tests or medical examinations:	What to do
<p><b>Eye disorders:</b></p> <ul style="list-style-type: none"> <li>• cloudy lens in the eye (cataract)</li> <li>• increased pressure in the eye (glaucoma)</li> </ul> <p><b>Cardiovascular disorders:</b></p> <ul style="list-style-type: none"> <li>• high blood pressure</li> </ul> <p><b>Metabolism and nutrition disorders:</b></p> <ul style="list-style-type: none"> <li>• decrease in the level of the hormone cortisol in your blood</li> <li>• increased levels of sugar in your blood or urine</li> </ul> <p><b>Musculoskeletal and connective tissues disorders:</b></p> <ul style="list-style-type: none"> <li>• weakening of the bones through gradual loss of mineral (osteoporosis). Additional tests may be needed after your medical examination to confirm if you have this condition.</li> </ul>	<p><b>Speak to your doctor if you experience any of these side effects.</b></p>

**Tell your doctor or pharmacist if you notice anything else that may be making you feel unwell.**

Other side effects not listed here may occur in some people.

**Reporting side effects**

After you have received medical advice for any side effects you experience, you can report side effects via <https://pophealth.my.site.com/carmreportnz/s/>

By reporting side effects, you can help provide more information on the safety of this medicine.

**Always make sure you speak to your doctor or pharmacist before you decide to stop taking any of your medicines.**

## 7. Product details

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

### What BETNOVATE contains

<b>Active ingredient (main ingredient)</b>	betamethasone valerate Each 1 g contains 1.22 mg of betamethasone valerate (0.122% w/w)
<b>Other ingredients (inactive ingredients)</b>	cetomacrogol 1000 cetostearyl alcohol citric acid monohydrate glycerol isopropyl alcohol liquid paraffin (See section 5. What should I know while using BETNOVATE?) methyl hydroxybenzoate sodium citrate xanthan gum purified water

**Do not take this medicine if you are allergic to any of these ingredients.**

### What BETNOVATE looks like

BETNOVATE lotion is supplied in 50 mL bottles. It is a white, translucent lotion (TT50-0288/2).

### Who distributes BETNOVATE

GlaxoSmithKline NZ Ltd  
Private Bag 106600  
Downtown  
Auckland 1143  
New Zealand

Phone: (09) 367 2900  
Facsimile: (09) 367 2910

Trade marks are owned by or licensed to the GSK group of companies.

©2025 GSK group of companies or its licensor.

This leaflet was prepared on 21 July 2025.

Version 8.0