

NILSTAT vaginal cream

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 NILSTAT?

NILSTAT contains the active ingredient nystatin. It is used to treat a condition called vulvovaginal candidiasis or thrush.

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

2. What should I know before I use NILSTAT?

Do not use if you have ever had an allergic reaction to nystatin or any of the ingredients listed at the end of the CMI.

Do not use NILSTAT if you are using a contraceptive diaphragm or condoms as the rubber may be damaged by this medicine.

Talk to your doctor if you have any other medical conditions, take any other medicines, or are pregnant or are breastfeeding.

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

3. What if I am taking other medicines?

NILSTAT does not usually interact with other medicines, but always tell your doctor about other medicines you are taking.

See Section [3. What if I am taking other medicines?](#) in the full CMI.

4. How do I use NILSTAT?

- The usual dose is one full applicator of cream (5 g) to be inserted high in the vagina once or twice daily.
- Use the reusable applicator provided to measure the dose.
- After use, replace the cap and wash the applicator in warm water and allow to dry.

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

5. What should I know while using NILSTAT?

Things you should do	<ul style="list-style-type: none">• Tell your doctor or pharmacist if you feel NILSTAT is not helping your condition.• See your doctor if symptoms persist or recur• If irritation or sensitization develops, treatment should be discontinued.• If you are a woman susceptible to thrush, it is best to avoid nylon underwear, pantyhose and other tight-fitting garments.
Things you should not do	<ul style="list-style-type: none">• Do not use this medicine to treat any other complaints unless your doctor or pharmacist says to.• Do not give NILSTAT to anyone else, even if their symptoms seem similar to yours.• Not to be taken by mouth
Looking after your medicine	<ul style="list-style-type: none">• Keep NILSTAT in a cool dry place, away from moisture or heat where the temperature stays below 25°C. Do not freeze.

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

6. Are there any side effects?

Side effects for NILSTAT are uncommon. Nystatin is virtually nontoxic, nonsensitising and is well tolerated by all age groups, even when used for a long time.

As only small amounts of NILSTAT are absorbed into the bloodstream, side effects are very rare.

Discontinue this medicine if irritation or sensitization occurs.

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.

NILSTAT vaginal cream

Active ingredient: *nystatin*

Consumer Medicine Information (CMI)

This leaflet provides important information about using NILSTAT.

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 NILSTAT.

Where to find information in this leaflet:

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

1. Why am I using NILSTAT?

NILSTAT contains the active ingredient nystatin. It belongs to a group of medicines called antifungal agents.

NILSTAT is used to treat a condition called vulvovaginal candidiasis or thrush. The condition is common in women of childbearing age or at menopause. Though uncomfortable, the condition is not usually serious.

Check with your doctor if symptoms persist or recur.

The symptoms may be similar to those from other vaginal infections which may require a different treatment.

This medicine is available without a doctor's prescription. It can be purchased at a pharmacy.

2. What should I know before I use NILSTAT?

Warnings

Do not use NILSTAT if:

- you are allergic to nystatin or any of the ingredients listed at the end of this leaflet.
 - Some symptoms of an allergic reaction may include shortness of breath, wheezing or difficulty in breathing; swelling of the face, lips, tongue, or any other parts of the body; rash, itching or hives on the skin.
- you are using a contraceptive diaphragm or condoms as the rubber may be damaged by this medicine.
- the expiry date printed on the pack has passed.
- the packaging is torn or the seal at mouth of tube is punctured.

Check with your doctor or pharmacist if you:

- take any medicines for any other condition.
- have had any allergy to any other medicines, or any other substances, such as foods, preservatives, or dyes.

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

Tell your doctor if you are pregnant or are breastfeeding before starting NILSTAT.

Do not use the applicator if you are pregnant.

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

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.

NILSTAT does not usually interact with other medicines, but always tell your doctor or pharmacist about other medicines that you are taking.

4. How do I use NILSTAT?

How much to use

The usual dose is one full applicator of cream (5 g) to be inserted high in the vagina, once or twice daily. Use the reusable applicator provided to measure the dose.

How long to use it for

In most cases, 14 days of therapy will be sufficient, but more treatment may be necessary.

See a doctor if no better after 3 days or if the problem returns.

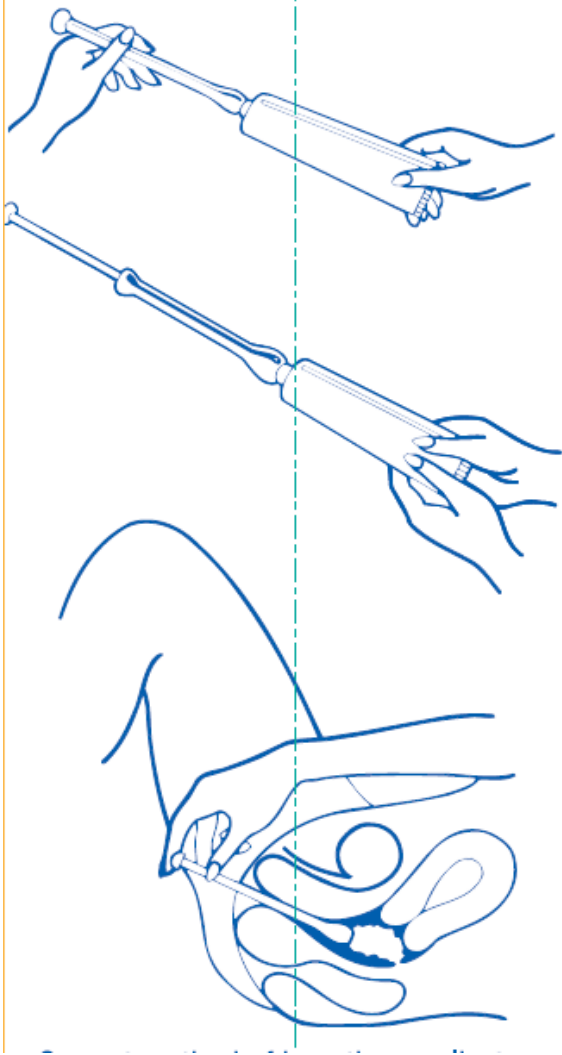
It is important to continue with the treatment until all the product is used, even if you are having a menstrual period.

How to use it

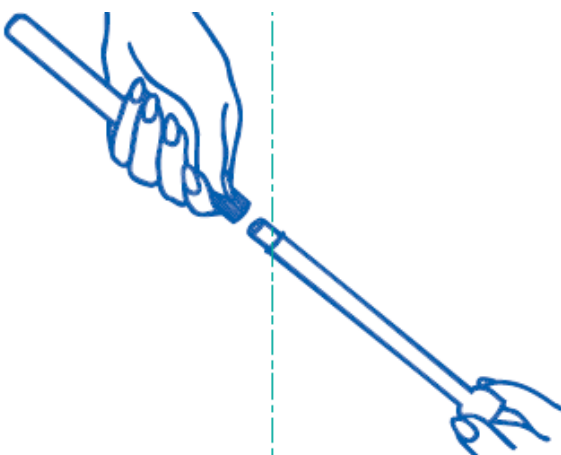
Patient instructions

- Remove cap.
- Turn cap upside down and use it to puncture tube seal.
- Squeeze tube from the bottom forcing contents into the cylinder.

4. Squeeze tube from the bottom forcing contents into the cylinder.



5. After detaching from the tube, hold the filled applicator by the cylinder, gently insert it high into the vagina. Press in the plunger; then, with the plunger still depressed, remove the applicator from the vagina, holding it by the cylinder. Insertion is accomplished more easily when lying on the back with the knees bent.
6. After each use wash the applicator with mild soap and warm water. It may be taken apart for easy cleaning. Do not boil. Rinse thoroughly.



Keep the reusable applicator away from other house utensils and crockery. This will help stop reinfection or the spread of infection to other household members.

7. It may be desirable as a normal hygiene measure to wear sanitary protection.

If you use too much

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

You should immediately:

- phone the Poisons Information Centre (by calling 13 11 26), or
- contact your doctor, or
- go to the Emergency Department at your nearest hospital.

5. What should I know while using NILSTAT?

Things you should do

- **Tell your doctor or pharmacist if you feel NILSTAT is not helping your condition.**
- **See your doctor if symptoms persist or recur.** Your doctor will check your progress and see whether you need to keep taking NILSTAT.
- If irritation or sensitization develops, treatment should be discontinued.
- If you are a woman susceptible to thrush, it is best to avoid nylon underwear, pantyhose and other tight-fitting garments.

Things you should not do

- **Do not use this medicine to treat any other complaints unless your doctor or pharmacist says so.**
- **Do not give NILSTAT to anyone else, even if their symptoms seem similar to yours.**
- Not to be taken by mouth.

Things to be careful of

Your doctor should also be consulted as to the advisability of douching and intercourse during therapy.

Looking after your medicine

Keep this medicine in a cool dry place, away from moisture or heat where the temperature stays below 25°C. Do not freeze.

For example, do not store it:

- in the bathroom or near a sink, or
- in the car or on window sills.

Heat and dampness can destroy some medicines.

Keep it where young children cannot reach it.

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.

6. Are there any side effects?

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

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 adverse effects.

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

Nystatin is virtually nontoxic, nonsensitising and is well tolerated by all age groups, even when used for a long time.

NILSTAT helps most people with thrush, but it may have unwanted side effects in some people. As only small amounts of NILSTAT are absorbed into the bloodstream, side effects are very rare.

Discontinue this medicine if irritation or sensitization occurs.

Rash including urticaria (itching) has been reported rarely. Hypersensitivity, angioedema (swelling of the lips or tongue) and facial edema (swelling of the face) have also been reported.

There have been very rare cases of a more serious allergic reaction called Steven-Johnson Syndrome (a serious illness with blistering of the skin, mouth, eyes and genitals).

If you notice swelling of the face, mouth, lips, tongue or throat, or are feeling unwell after using NILSTAT, stop using it and tell your doctor immediately, or go to the Accident and Emergency Centre at your nearest hospital.

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 available without a doctor's prescription. It can be purchased at a pharmacy.

What NILSTAT contains

Active ingredient (main ingredient)	<ul style="list-style-type: none">nystatin 20,000 units/g (or 100,000 I.U./5 g)
Other ingredients (inactive ingredients)	<ul style="list-style-type: none">emulsifying waxglycerolisopropyl myristatelactic acidpurified watersodium hydroxidesorbic acid (preservative).
Potential allergens	<ul style="list-style-type: none">sorbate.

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

What NILSTAT looks like

NILSTAT vaginal cream is a smooth, uniform light-yellow cream. Available in a 75 g sealed aluminium tube with a separate reusable applicator.

Do not use this medicine after the expiry date.

8. Sponsor details

Supplied in New Zealand by:

Pharmacy Retailing (NZ) Ltd t/a
Healthcare Logistics
58 Richard Pearse Drive
Airport Oaks
Mangere
AUCKLAND

Telephone (09) 9185 100

Fax: (09) 9185 101

9. Date of Preparation

This leaflet was prepared in May 2026