

# EUMOVATE<sup>®</sup>

Clobetasone butyrate 0.05% w/w cream

## Consumer Medicine Information

### What is in this leaflet

Please read this leaflet carefully before you start using EUMOVATE Cream.

This leaflet answers some common questions about EUMOVATE. 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 or pharmacist has weighed the risks of you using EUMOVATE against the benefits they expect it will have for you.

Use EUMOVATE as instructed and follow the advice given in this leaflet.

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

**Keep this leaflet with the medicine.**

You may need to read it again.

### What EUMOVATE is used for

EUMOVATE is used to treat eczema and dermatitis. It can help you to control patches of dry, red, itchy, flaky or inflamed skin caused by eczema and dermatitis.

EUMOVATE contains clobetasone butyrate. Clobetasone butyrate is a topical corticosteroid. It is used to control inflammation on the skin.

EUMOVATE works to stop the skin's over-reaction to the triggers that cause skin flare ups. It suppresses the inflammation that causes eczema or dermatitis. EUMOVATE cream base also has moisturising properties.

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

Your doctor or pharmacist may have recommended it for another reason.

### Before using EUMOVATE

**When you must not use it**

**Do not use EUMOVATE if you have an allergy to:**

- any medicine containing clobetasone butyrate
- any of the ingredients listed at the end of this leaflet.
- any other similar medicines such as hydrocortisone.

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 EUMOVATE on:**

- cuts or open wounds
- infected skin
- inflamed skin near ulcers

**Do not use EUMOVATE to treat:**

- rosacea (skin condition of the face where the nose and cheeks are unusually red)
- acne, spots or pimples
- pruritis (itching) with or without rash
- perioral dermatitis

- untreated bacterial infections such as cellulitis (infection of the skin), folliculitis (infection of the hair follicle), furunculosis (boils) or impetigo (blisters)
- fungal infections such as athlete's foot and jock itch
- viral infections such as cold sores, chicken pox or shingles
- parasitic infestations such as scabies
- psoriasis unless recommended by your doctor

**If you have any of these conditions, ask your doctor or pharmacist for advice.**

**Do not use on delicate skin areas such as the face, groin, genitals or between the toes.**

**Do not use EUMOVATE:**

- if you are pregnant or may be pregnant
- if you are breastfeeding
- to treat any other conditions other than eczema and dermatitis unless advised by your doctor.

**Do not use EUMOVATE on children under the age of 12 years except on the advice of a doctor.**

**Do not use the cream on the wrong skin conditions.**

It could make it worse.

If you are not sure what is causing your skin problem, ask your pharmacist or doctor.

Do not give EUMOVATE to anyone else, even if they have similar symptoms to you.

**Do not use EUMOVATE 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 or pharmacist.

### **Before you start to use EUMOVATE**

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

Tell your doctor or pharmacist if you are pregnant or intend to become pregnant or are breastfeeding. You should not use EUMOVATE if you are pregnant or may be pregnant or if you are breastfeeding unless advised by your doctor.

Your doctor or pharmacist will discuss the possible risks and benefits of using EUMOVATE during pregnancy or breastfeeding.

Tell your doctor or pharmacist if you have kidney or liver problems.

If you have not told your doctor pharmacist about any of the above, tell him/her before you start using EUMOVATE.

### **Taking other medicines**

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

Do not use other corticosteroids (like hydrocortisone) on the skin while you are using this cream. You would be doubling the dose.

Some medicines and EUMOVATE may interfere with each other. These include:

- other corticosteroid medicines which may include some eczema creams, asthma inhalers, tablets, injections, nasal sprays, and eye or nose drops.
- ritonavir (antiviral medicine) and itraconazole (antifungal agent)

These medicines may affect the way EUMOVATE works.

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

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## **How to Use EUMOVATE**

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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 carton or in this leaflet, ask your doctor or pharmacist for help.

### **How much to use**

The minimum amount of cream should be used for the minimum amount of time. Do not use for more than 7 days.

- Squeeze out the cream along the top of your index finger (see picture).
- From the crease in the finger, squeeze the cream halfway to your fingertip. This will cover a patch of skin the same size as the palm of your hand.
- Use the fingertip unit as a guide. For smaller areas, use a smaller amount. This cream is not meant to treat large areas.

Half a fingertip will cover a patch of skin the same size as the palm of your hand



- Don't cover the treated patch of skin with anything (bandages, dressings, gloves or plastic wrap). It can cause more of the medicine to pass through the skin.

### **How to use it**

Adults or children over 12 years of age:

- Use the cream twice a day for up to 7 days
- Wash your hands and dry them
- Squeeze out the correct amount of cream to cover the affected area onto your index finger. The picture above gives you an idea of how much to use.
- Gently rub cream onto the patch of skin you are treating.
- Wash your hands again (unless it is your hands you are treating).

Be especially careful not to get the cream in your eyes.

Use in children under 12 years of age only on the advice of a doctor.

Don't cover the treated patch of skin with anything (bandages, dressings, gloves or plastic wrap). It can cause more of the medicine to pass through the skin.

### **When to use it**

Use your medicine at about the same time each day.

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

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

Use EUMOVATE twice a day for up to 7 days. Do not use for more than 7 days except on the advice of a doctor.

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

**If you forget to use EUMOVATE or miss an application, use it when you remember.**

Do not try to make up for missed applications by using the cream more often as this may increase the chance of you getting a side effect.

If you have any questions about this, ask your **doctor or pharmacist**.

If you have trouble remembering when to use your medicine, ask your doctor or pharmacist for some hints.

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

**If you use a bit too much of the cream by mistake, don't worry but try to keep to the fingertip unit. Using corticosteroids on the skin continuously over many weeks or months can cause skin thinning and permanent skin damage.**

**If you or anyone swallow EUMOVATE; Immediately telephone your doctor or Poisons Information Centre for advice (in Australia telephone 13 11 26, in New Zealand telephone 0800 764 766) or go to Accident & Emergency at your nearest hospital, even if there are no signs of discomfort or poisoning.** You may need urgent medical attention.

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## **While you are using EUMOVATE**

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

**Inform any other doctors, dentists or pharmacists who are treating you that you are using EUMOVATE.**

**If you are about to be started on any new medicine, remind your doctor or pharmacist that you are using EUMOVATE.**

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

**doctor or pharmacist immediately.**

**If your rash/irritation gets better but then comes back tell your doctor or pharmacist.**

Don't treat the same patch more than twice without taking advice from your doctor.

It is possible that you are treating the wrong skin condition or that your skin may still be reacting to something that it is coming in contact with. Some of the common triggers are:

- Ear rings or studs – especially gold-plated ear rings
- Other jewellery
- Coins
- Watch buckles, metal straps or the metal back of a watch
- Metal studs or fastenings on jeans, bras or underwear

All of these may have a metal in them called nickel that is a very common trigger. If you react badly to nickel, all of the triggers in the list could be a problem.

Other common triggers include rubber and pine tree sap, which are used in things we touch every day. You might find triggers:

- **In the home:** such as plasters, furniture polish, varnishes, rubber gloves or elastic in clothes.
- **In substances you use at work:** like glues, oils, lubricants or cement.
- **In the garden:** certain plants and weeds, gardening gloves.

Even if it is not practical to avoid triggers, there are often practical steps you can take to minimise possible irritation.

**EUMOVATE is meant to control skin conditions that improve within a week of treating yourself.** If you think you need further treatment after that, see a doctor for advice. Do not keep on using it.

**If your skin gets worse or it does not improve within a week, stop using the cream and see your doctor.**

**If your skin condition clears up in less than a week, stop using the cream.** Think about emollient (moisturising) products to help stop it coming back.

Skin specialists often advise people with eczema or dermatitis to use emollient (or moisturising) skin products, including creams and bath oils, to keep moisture in the skin. This can make your skin more resistant to flare ups. Avoid using soap and heavily scented products. Ask your doctor or pharmacist for further information.

### ***Things you must not do***

**Do not use EUMOVATE to treat any other complaints unless your doctor tells you to.**

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

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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 EUMOVATE.**

This medicine helps most people with eczema and dermatitis, but it may have unwanted side effects in a few people. This cream is very unlikely to cause any problems as long as you follow the advice in this leaflet.

All medicines can have side effects. Sometimes they are serious, most of the time they are not. You may need medical attention if you get some of the side effects.

**Do not be alarmed by the following lists of side effects. You may not experience any of them.**

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

If your skin gets worse during treatment, you may have a skin infection or a trigger you have not recognised or even an allergy to the cream.

Stop using the cream and see your doctor as soon as possible.

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

- rash
- itch
- local skin burning
- skin thinning
- skin bleaching or increased skin pigmentation and hair disorders

Worsening of eczema or dermatitis symptoms has also been reported.

Other side effects not listed above may also occur in some people.

**Using more than the correct amount of cream may cause changes to your skin e.g. thinning or allow the active ingredient to pass through the skin and affect other parts of the body.**

**This is not a problem if you use the right amount of cream and for the correct period of time.**

**The following are very rare side effects and may occur if you use more than the correct amount of cream or for longer than recommended:**

**If you use more than the correct amount of cream or for longer than recommended you may experience:**

- increased weight
- moon face or rounding of the face
- obesity
- changes to the colour of your skin
- increased body hair

**The following symptoms may occur with use in children:**

- delayed weight gain
- slow growth

**Other side effects that may show up in blood tests or when your doctor gives you a medical examination:**

- a decrease in the level of the hormone cortisol in your blood
- high blood pressure
- cloudy lens in the eye (cataract)
- increased pressure in the eye (glaucoma)
- 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
- increased blood sugar levels
- glucose in the urine.

## **After using EUMOVATE**

### **Storage**

**Keep your cream in the pack until it is time to use it.**

**Keep your medicine in a cool dry place where the temperature stays below 25°C.**

**Do not store EUMOVATE or any other medicine in the bathroom or near a sink.**

**Do not leave EUMOVATE or any other medicines 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 EUMOVATE 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.

**Do not use the medicine after the expiry date on the tube end or carton.**

### **Disposal**

**If your doctor or pharmacist tells you to stop using EUMOVATE or the medicine has passed the**

**expiry date, ask your pharmacist what to do with any medicine that is left over.**

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## **Product Description**

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### **What EUMOVATE looks like**

EUMOVATE is a smooth white cream for topical use.

EUMOVATE is available in tubes containing 15 g\* and 30 g of cream. \* This pack size is marketed in New Zealand only.

Australia only: A 5 g sample tube is also available from your physician only.

### **Ingredients**

The active ingredient in EUMOVATE is clobetasone butyrate. It is present at a concentration of 0.05%w/w.

The inactive ingredients are:

- Glycerol
- Glyceryl monostearate
- Cetostearyl alcohol
- Beeswax substitute 6621
- Arlacel 165
- Dimethicone 20
- Chlorocresol
- Sodium citrate
- Citric acid monohydrate
- Water-purified

### **Where to go for more information**

If you have any questions about your treatment with EUMOVATE, ask your doctor or pharmacist.

Or you may call the toll-free INFOLINE:

In Australia: 1800 033 109

In New Zealand: 0800 808 500

### **Manufacturer and supplier**

EUMOVATE is made in the UK and supplied:

In Australia by:

GlaxoSmithKline Australia Pty Ltd  
Level 4  
436 Johnston Street  
Abbotsford  
Victoria 3067

In New Zealand by:

GlaxoSmithKline NZ Ltd  
Downtown Auckland

Eumovate<sup>®</sup> is a registered trade  
mark of the GlaxoSmithKline group  
of companies.

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