

Important Information. Please read carefully.



Hydrocortisone 1%TM

Cream

COMPOSITION

Hydrocortisone 1% w/w in a non-greasy water miscible basis. Chlorocresol 0.12% w/w as preservative.

PHARMACOLOGY

Hydrocortisone is a glucocorticoid whose principle actions are gluconeogenesis, glycogen deposition, protein and calcium metabolism, inhibition of corticotrophin secretion and anti-inflammatory activity. Its effectiveness in topical applications is primarily due to its anti-inflammatory, antipruritic and vasoconstrictive actions.

Hydrocortisone is absorbed through the skin, particularly in denuded areas. Its penetration through the skin can be increased by means of an occlusive dressing. The absorbed hydrocortisone is metabolised in the liver and most body tissues to hydrogenated and degraded forms such as tetrahydrocortisone and tetrahydrocortisol. These are excreted in the urine, mainly conjugated as glucuronides, together with a very small proportion of unchanged hydrocortisone.

INDICATIONS

Hydrocortisone is a mild corticosteroid indicated for irritant contact dermatitis, allergic contact dermatitis and insect bites. Irritant dermatitis may be caused by common household products such as detergents, bleaches, washing powders and various chemicals found in the workplace. Allergic contact dermatitis is caused by sensitisation to allergens in materials such as cosmetics, resins, rubber, adhesive plaster and plants.

It may also be helpful in treating napkin rash if used under medical supervision.

DOSAGE AND ADMINISTRATION

For external use only. Apply sparingly, a thin film over the affected skin areas two to four times daily. Reduce the frequency of application gradually as improvement occurs and eventually discontinue.

WARNINGS AND PRECAUTIONS

Avoid prolonged use or over large areas of the body particularly in areas where the skin is thinner or with occlusive dressing present. Unless under medical supervision, do not use on the facial eye and ano-genital region. Do not use on broken or infected skin including cold sores, acne and athlete's foot. Avoid prolonged use in children and infants, as they are especially susceptible to side effects such as adrenal suppression following improper use.

Use with caution in pregnant women. If the condition is not improved, seek medical advice.

Visual disturbance may be reported with systemic and topical corticosteroid use. If a patient presents with symptoms such as blurred vision or other visual disturbances, the patient should be considered for referral to an ophthalmologist for evaluation of possible causes which may include cataract, glaucoma or rare diseases such as central serous chorioretinopathy (CSCR) which have been reported after use of systemic and topical corticosteroids.

CONTRAINDICATIONS

It should not be used for untreated viral skin infections eg. herpes simplex (cold sores) and chicken pox; fungal infections eg. candidiasis; bacterial infections; in rosacea and ulcerative conditions; and in patients with a history of sensitivity to any of its components.

SIDE EFFECTS

Local side-effects may include slight stinging or irritation of the skin. Discontinue treatment if sensitivity reactions occur. Being a mild corticosteroid and if used with care it is less likely to produce the severe side-effects associated with steroid use such as adrenal suppression and local side-effects like spread of local infections, thinning of the skin, increased hair growth, acne, mild depigmentation and blurred vision.

OVERDOSAGE AND TREATMENT

Overdosage of corticosteroids may cause adrenal atrophy and show signs of Cushing's syndrome, with moon face, striae, acne and buffalo hump.

Treatment is symptomatic. Where possible, the drug should be slowly withdrawn.

SHELF-LIFE

The expiry date is indicated on the packaging.

PRESENTATION

White, odourless, water miscible cream in tubes of 15g.

STORAGE

Store below 30°C.

KEEP OUT OF REACH OF CHILDREN

JAUHI DARI KANAK-KANAK

For further information, please consult your pharmacist or physician.

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Manufactured and Marketed by

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