Anusol® PLUS HC suppositories
hydrocortisone acetate, zinc oxide, bismuth oxide, bismuth subgallate, balsam peru, benzyl benzoate

This medicine is used for the relief of internal piles and anal itching.
This medicine is for use in adults over the age of 18 years.

Do not use this medicine:
- If you are allergic to Anusol or any of the other ingredients of this medicine. See section 6.
- If you have fungal, viral or bacterial skin sores. See section 6.

Speak to your doctor:
- If you have rectal bleeding or blood in the stool which has not been diagnosed as piles. See section 2.
- If your symptoms have worsened or not improved within 7 days of using this product. See section 2.

Follow the instructions on how to use this product carefully. See section 3.

Now read this whole leaflet carefully before you use this medicine. Keep the leaflet: you might need it again.

1 What the medicine is for
Anusol Suppositories help to relieve the swelling, itch and irritation of internal piles (haemorrhoids) and anal itching. It contains the following ingredients:
- Hydrocortisone acetate is a mild steroid which helps reduce inflammation.
- Zinc oxide and Bismuth salts are mildly astringent and antiseptic. They soothe and protect raw areas.
- Balsam Peru is mildly antiseptic and has a protective action on sore areas and may help healing.
- Benzyl benzoate has mild antiseptic properties.

This product is for use by adults over the age of 18 years.

2 Before using this medicine
This medicine is suitable for most people but a few people should not use it. If you are in any doubt, talk to your doctor or pharmacist.

Do not use this medicine...
- If you are allergic to Anusol or any of the other ingredients of this medicine (listed in section 6).
- If you have fungal, viral or bacterial skin sores. If any of these apply to you, get advice from a doctor or pharmacist without using Anusol.

Talk to your doctor or pharmacist...
- If you have rectal bleeding or blood in the stool or if you are in doubt whether any bleeding you have experienced is caused by piles.
- If symptoms worsen or do not improve after you have used the medicine for 7 days.
- If you are taking or have recently taken any other medicines, including medicines obtained without a prescription. Including: corticosteroids (a type of anti-inflammatory drug e.g. hydrocortisone).
- If you are not sure about the medicine you are taking or using, show the bottle or pack to your pharmacist.

Some medicines may increase the effects of Anusol HC Suppositories and your doctor may wish to monitor you carefully if you are taking these medicines (including some medicines for HIV: ritonavir, cobicistat).

Contact your doctor if you experience blurred vision or other visual disturbances.
If any of these bullet points apply to you, talk to a doctor or pharmacist.

If you are pregnant or breast-feeding
- If you are pregnant or breast-feeding do not use this medicine.

3 How to use this medicine
Anusol Plus HC Suppositories should be inserted into the anus
- Wash anal area and dry gently with a soft towel before using this medicine.
- Remove plastic cover from the suppository before use.
- Wash your hands before and after using Anusol.
- The suppository will melt after insertion.

Children (under 18 years):
This medicine is not recommended for children under 18 years old.

Adults and the elderly:

<table>
<thead>
<tr>
<th>Age</th>
<th>Dose</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adults and the elderly</td>
<td>Insert one suppository into the back passage (anus) far enough so that it doesn’t slip out, at night, in the morning and after each bowel movement.</td>
</tr>
</tbody>
</table>

- Do NOT take orally
- Do not use more than 3 suppositories a day
- Do not use for more than 7 consecutive days

If anyone has used too much or swallowed this product.
If anyone has used too much or has accidentally swallowed Anusol Plus HC Suppositories, contact a doctor or your nearest Accident and Emergency department (Casualty), taking this leaflet and pack with you.

If you forget to use this medicine
If you forget a dose, use the next dose when needed. Do not use a double dose.
Possible side-effects
Like all medicines, this medicine can cause side effects, although not everybody gets them.
If you experience the following, stop using the medicine and talk to your doctor:
Rare: may affect up to 1 in 1,000 people
■ Hypersensitivity reactions (such as rash).
Other effects which may occur but it is unknown how often:
■ Burning, redness, irritation, itching, or pain may occur on application. This does not usually last a long time, so if this lasts longer than a few days, tell your doctor.
■ Blurred vision.
Reporting of side effects
If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at: www.mhra.gov.uk/yellowcard
By reporting side effects you can help provide more information on the safety of this medicine.

Storing this medicine
Keep out of the sight and reach of children. Do not store above 25°C. Do not use your medicine after the date shown as an expiry date on the packaging. Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

Further information
What's in this medicine?
The active substances per suppositories are:
Hydrocortisone acetate 10 mg, Zinc oxide 296 mg, Bismuth subgallatte 59mg, Balsam Peru 49 mg, Bismuth oxide 24 mg and Benzyl benzoate 33 mg.
Other ingredients are: Kaolin light, suppocire BS2 pastilles (hard fat).

What the medicine looks like
Anusol Plus HC Suppositories are white suppositories available in plastic strips with two strips (12 suppositories) in a box.
Product Licence holder: McNeil Products Ltd Maidenhead, Berkshire, SL6 3UG, UK.
Manufacturer: Farmea, 10, rue Bouché Thomas, ZAC Sud d’Orgemont, 49000 ANGERS Cedex, France.
This leaflet was revised May 2017.
Anusol is a registered trade mark.

What the medicine looks like
Anusol Plus HC Suppositories are white suppositories available in plastic strips with two strips (12 suppositories) in a box.
Product Licence holder: McNeil Products Ltd Maidenhead, Berkshire, SL6 3UG, UK.
Manufacturer: Farmea, 10, rue Bouché Thomas, ZAC Sud d’Orgemont, 49000 ANGERS Cedex, France.
This leaflet was revised May 2017.
Anusol is a registered trade mark.

Healthy Living Plan for Piles Sufferers
A Healthy Living Plan for Piles Sufferers
You can reduce the risk of piles by following a healthy diet and lifestyle that helps to keep your bowels working regularly and prevents constipation. This can also help to speed recovery from piles.
■ Eat a high fibre diet including foods like brown rice, wholemeal bread, wholewheat pasta etc.
■ Eat plenty of fresh fruit, vegetables and salads.
■ Drink plenty of water.
■ Don't eat too much salty, fatty or sugary foods such as crisps, burgers and cakes.
■ Cut back on the amount of alcohol, tea and coffee you drink.
■ Exercise regularly.
A healthy diet and lifestyle will reduce the likelihood of constipation and encourage a regular bowel habit. Go to the toilet regularly and try to avoid straining. Leaning forward from the hips may help.
For external and internal piles, Ointment can be used. If internal haemorrhoids are the problem, Suppositories deliver a measured dose to the affected area.

For further information, please contact:
McNeil Products Ltd
Maidenhead, Berkshire, SL6 3UG, UK.