

germoloids[®]
cream

zinc oxide, lidocaine hydrochloride

cream for piles



Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.

Always take this medicine exactly as described in this leaflet or as your doctor or pharmacist has told you.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.
- You must contact a doctor if you do not feel better or if you feel worse.

WHAT IS IN THIS LEAFLET

1. What Germoloids Cream is and what it is used for
2. What you need to know before you use Germoloids Cream
3. How to use Germoloids Cream
4. Possible side effects
5. How to store Germoloids Cream
6. Contents of the pack and other information

1. WHAT GERMOLOIDS[®] CREAM IS AND WHAT IT IS USED FOR

Haemorrhoids (also known as piles) are swollen or enlarged blood vessels, which can cause discomfort, itching and bleeding, particularly after a bowel movement. They may be either internal (inside the anus) or external (outside the anus).

Germoloids Cream is used to relieve the symptoms of pain, swelling and irritation associated with internal and external haemorrhoids and anal itching (pruritus ani).

The cream contains two active substances, zinc oxide and lidocaine.

Zinc oxide has astringent properties (causes contraction when applied to the skin), which help to shrink swelling. It also helps to soothe and protect the area around the anus from damage and has antiseptic properties.

Lidocaine is a local anaesthetic, which helps to soothe swelling, pain and irritation and relieve itching.

The cream base acts as an emollient to help the passing of stools and reduce straining during bowel movement which is bad for haemorrhoids.

2. WHAT YOU NEED TO KNOW BEFORE YOU USE GERMOLOIDS[®] CREAM

DO NOT use Germoloids Cream:

- If you are allergic (hypersensitive) to zinc oxide or lidocaine, or any of the other ingredients in the product (see section 6).

Warnings and precautions

Before using Germoloids Cream, talk to your doctor if you:

- Continually suffer from haemorrhoids or have severe haemorrhoids.
- Experience excessive bleeding.

Pregnancy and breastfeeding:

You may use Germoloids Cream if you are pregnant or breastfeeding but as with all medicines at this time, you should discuss it with your doctor first.

Germoloids Cream contains methyl hydroxybenzoate:

Methyl hydroxybenzoate (E218) may cause allergic reactions (possibly delayed).

3. HOW TO USE GERMOLOIDS[®] CREAM

Follow the directions below carefully.

Wash your hands before and after using the cream.

Adults and children aged 12 years and over:

1. Before using the cream for the first time, check that the tube seal is not broken.
2. Remove the seal by peeling from the tag.
3. For **external haemorrhoids**, apply the cream directly to the affected area.

For **internal haemorrhoids**, screw the applicator nozzle onto the tube and smear some of the cream on the outside of the nozzle to ease application. Carefully insert the applicator into the opening of the anus. Gently squeeze the tube whilst slowly withdrawing the nozzle so that the cream moves gently up the anus.

4. Replace the cap firmly after use. Always keep the tube of cream, cap and nozzle clean.

Apply the cream to the affected area at least twice a day with a minimum of 3 to 4 hours between applications. Further applications can be made at any time of the day, and are particularly recommended after a bowel movement. **Do not use the cream more than 4 times in any 24 hour period.**

Children under 12: Not recommended unless used under the supervision of a doctor.

If you have any further questions on the use of this product, ask your doctor or pharmacist.

The cream is for use in and around the anus only. Do not put the cream in your mouth or swallow it. If some of the cream is swallowed accidentally, tell your doctor straight away or contact your nearest Accident and Emergency Department.

4. POSSIBLE SIDE EFFECTS

Like all medicines, this medicine can cause side effects, although not everybody gets them. Rarely, you may experience increased local irritation at the site of application after applying the cream.

If you experience any of these symptoms or react badly to the cream in any other way, stop using this product and tell your doctor or pharmacist immediately.

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 or search for MHRA Yellow Card in the Google Play or Apple App Store. By reporting side effects you can help provide more information on the safety of this medicine.

5. HOW TO STORE GERMOLOIDS[®] CREAM

Keep this medicine out of the sight and reach of children.

Do not store above 25°C. This product should be stored in its original carton.

Do not use this medicine after the expiry date which is stated on the pack and on the end of the tube of cream. The expiry date refers to the last day of that month.

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 to protect the environment.

6. CONTENTS OF THE PACK AND OTHER INFORMATION

What Germoloids Cream contains:

The active substances are zinc oxide (6.6% w/w) and lidocaine hydrochloride (0.7% w/w).

The other ingredients are emulsifying wax, white soft paraffin, methyl salicylate, methyl hydroxybenzoate (E218), butyl hydroxybenzoate and water. See end of Section 2 for methyl hydroxybenzoate (E218) advice.

What Germoloids Cream looks like and contents of the pack:

Germoloids Cream is available in tubes containing 25g or 55g of a white cream (not all pack sizes may be marketed).

Marketing Authorisation Holder: Bayer plc, 400 South Oak Way, Reading, RG2 6AD, UK. consumerhealthuk@bayer.com

Manufacturer: Famar A.V.E. Avlon Plant, 49th km National Road Athens-Lamia, Avlona Attiki, 19011, Greece.

How to help reduce the occurrence and/or severity of the condition:

Constipation and straining during bowel movement can make haemorrhoids worse. To help avoid this, the following steps can be taken:

- Eat a high fibre diet of fruits, vegetables and whole grain food
- Drink plenty of fluids, at least eight glasses a day (preferably water)
- Go to the toilet immediately when you need to pass stools and try to avoid straining during bowel movement
- Exercise regularly as it can help to stimulate regular bowel movement.

This leaflet was last revised in November 2020.

Remember: if you have any doubts about using Germoloids[®] Cream correctly, seek the advice of your doctor or pharmacist.

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