

germoloids[®]

suppositories
zinc oxide and lidocaine hydrochloride
suppositories 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 Suppositories are and what they are used for
2. What you need to know before you use Germoloids Suppositories
3. How to use Germoloids Suppositories
4. Possible side effects
5. How to store Germoloids Suppositories
6. Contents of the pack and other information

1. WHAT GERMOLOIDS[®] SUPPOSITORIES ARE AND WHAT THEY ARE 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 Suppositories are used to relieve the symptoms of pain, swelling and irritation associated with internal haemorrhoids and anal itching (pruritus ani).

The suppositories contain 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 mild antiseptic properties.

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

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

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

DO NOT use Germoloids Suppositories:

- 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 Suppositories, talk to your doctor if you:

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

Pregnancy and breastfeeding:

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

3. HOW TO USE GERMOLOIDS[®] SUPPOSITORIES

Follow the directions below carefully.

Wash your hands before and after using the suppository.

Adults and children aged 12 years and over:

1. Gently clean and dry the area around the anus.
2. Tear down on the perforation to remove one suppository from the strip.
3. Peel apart the blister to remove the suppository.
4. Insert the suppository into the anus (round end first).

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Insert one suppository into the anus when you go to bed at night and one in the morning, preferably after a bowel movement. If necessary the suppositories may be used at any time during the day, with a minimum of 3 to 4 hours between suppositories. **Do not use more than 4 suppositories 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 suppositories are for use in the anus only. Do not put the suppository in your mouth or swallow it. If the suppository 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 after inserting the suppository.

If you experience these symptoms, 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[®] SUPPOSITORIES

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 carton and on the suppository blister pack. 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 Suppositories contain:

The active substances are zinc oxide (283.5mg) and lidocaine hydrochloride (13.2mg).

The other ingredients are hard fat, methyl salicylate and glyceryl tristearate.

What Germoloids Suppositories look like and contents of the pack:

Germoloids Suppositories are white and torpedo-shaped, with each suppository filled into a plastic mould approximately 3cm in length. Strips of six suppositories are packed in cartons containing 12 or 24 suppositories (not all pack sizes may be marketed).

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Manufacturer: Delpharm Huningue S.A.S., 26 rue de la Chapelle, F68330 Huningue, France.

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[®] Suppositories correctly, seek the advice of your doctor or pharmacist.

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