3 How to use this medicine

Check the table that follows to find how much medicine to use. Depending on the area infected, it is applied directly to the affected area of skin.

Take your dose at the stated dose shown in the table.

Talk to your doctor or pharmacist if you are taking:

- Any anti-inflammatory drugs, such as ibuprofen, aspirin, or paracetamol.
- Other medicines which can affect skin infections.

Do not use more than the stated dose shown in the table.

If you forget to use a dose, use the next dose when needed. Do not use more than a double dose.

Put a small amount of the cream on the infected area and surrounding skin.

Adults and children aged 10 years and over

- For topical use only, which means it is applied directly to the skin infections.
- Use this medicine for not more than 7 days.

If you get any side-effects, talk to your doctor, pharmacist or nurse.

For topical use only, which means it is applied directly to the skin infections.

If you experience any of the following, stop using the medicine and seek immediate medical help:

- Swell rash (candida intertrigo, or ‘thrush’ of the skin folds) is a sore, itchy red rash found in areas where the skin rubs together e.g. below or between the breasts, underarms, top of legs or the groin. Do not use if you have any of the following:

- Do not use this medicine:

- Do not use more than the stated dose shown in the table.

- Do not use this medicine:

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- Do not use more than the stated dose shown in the table.

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5 Storing this medicine

Keep this medicine out of the sight and reach of children. Do not use this medicine after the expiry date which is stated on the label and carton after ‘Expiry’. 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 protect the environment.

6 Further information

What’s in this medicine?

The active ingredients in 1 g of Daktacort are: Miconazole nitrate 20 mg and Hydrocortisone acetate equivalent to 10 mg of hydrocortisone.

Other ingredients are: Macrogol 6-32 stearate, glycol stearate, oleoyl macrogolglycerides, liquid paraffin, butylhydroxyanisole, benzoic acid, disodium edetate, sodium hydroxide and purified water.

What the medicine looks like

Daktacort Hydrocortisone Cream is a white cream available in a 15 g tube.

Product Licence holder: McNeil Products Limited, 50 - 100 Holmers Farm Way, High Wycombe, Buckinghamshire, HP12 4EG, UK

Manufacturer: Janssen Pharmaceutica NV, Turnhoutseweg 30, B2340, Beerse, Belgium.

This leaflet was revised October 2020.

Daktacort is a registered trade mark.

7 Facts about Athlete’s Foot:

How do you catch Athlete’s Foot?

It’s extremely infectious as anyone can pick it up, especially people sharing communal changing rooms and showers.

Once the fungal spores have been transferred into the feet, they thrive in the warm, moist areas between the toes. The skin soon becomes inflamed and itchy with flaking or cracking occurring.

The infected flakes of skin are then shed onto the floor or into the socks and shoes by walking or friction.

Someone else will be easily infected if they step on these flakes, or if they share towels or footwear with someone who has already got Athlete’s Foot.

What is more, even if you’ve already got rid of your Athlete’s Foot, it’s very easy to re-infect yourself. The spores can live on or in your shoes or socks and if you don’t change them regularly, or treat them with antifungal powders or spray powders, the Athlete’s Foot soon returns.

How to prevent re-infection

If you want to avoid the vicious circle of re-infection, here are a few helpful hints.

■ Spray inside your shoes and socks with fungicidal powder before putting them on.
■ Don’t wear the same pair of shoes every day. This helps reduce the build-up of sweat which provides the moisture on which the fungus thrives.
■ Avoid synthetic footwear. Choose cotton socks and leather shoes which allow your feet to breathe.
■ Avoid walking barefoot in changing rooms.
■ Avoid sitting barefoot on hot surfaces.
■ Dry thoroughly between your toes and keep toenails short as this reduces the number of places fungi can grow.