Dovobet® 50 micrograms/g + 0.5 mg/g ointment calcipotriol/betamethasone

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

Keep this leaflet. You may need to read it again.

If you have any further questions, ask your doctor, pharmacist or nurse.

This medicine is prescribed for you only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet.

See Section 4.

1. WHAT DOVOBET® IS AND WHAT IT IS USED FOR

Dovobet ointment contains calcipotriol and betamethasone. Calcipotriol helps to bring the rate of skin cell growth back to normal and betamethasone acts to reduce inflammation.

2. WHAT YOU NEED TO KNOW BEFORE YOU USE DOVOBET®

Do not use Dovobet

• If you are allergic (hypersensitive) to calcipotriol, betamethasone or any of the other ingredients of this medicine (listed in section 6).

• If you have problems with calcium levels in the body (ask your doctor).

• If you have certain types of psoriasis: these are erythrodermic, exudative and pustular (ask your doctor).

As Dovobet contains a strong steroid do NOT use on skin affected by:

• skin infections caused by viruses (e.g. cold sores or chicken pox)
• skin infections caused by a fungus (e.g. athlete’s foot or ringworm)
• skin infections caused by bacteria
• skin infections caused by parasites (e.g. scabies)
• tuberculosis (TB)
• perioral dermatitis (red rash around the mouth)
• thin skin, easily damaged veins, stretch marks
• scleotherapy (vein with fish-like scales)
• acne (pimples)
• rosacea (severe flushing or redness of the skin on the face
• ulcers or blisters

Warnings and precautions

Talk to your doctor/nurse/pharmacist before and during use of Dovobet if:

• you are using other medicines that contain corticosteroids, as you may get side effects
• you have used this medicine for a long time and plan to stop (as there is a risk your psoriasis will get worse or “flare up” when steroids are stopped suddenly)
• you have diabetes mellitus (diabetes), as your blood sugar/glucose level may be affected by the steroid
• your skin becomes infected, as you may need to stop your treatment
• you have a certain type of psoriasis called guttate psoriasis
• you experience blurred vision or other visual disturbances.

Special precautions

• Avoid use on more than 30% of your body or use no more than 15 grams per day.
• Avoid using under bandages or dressings as this increases the absorption of the steroid.
• Avoid use on large areas of damaged skin, on mucous membranes or in skin folds (groin, armpits, under breasts) as it increases the absorption of the steroid.
• Avoid use on the face or genitals (sex organs) as they are very sensitive to steroids.
• Avoid excessive washing. Excessive use of soaps and other forms of light treatment.
• Do not smoke or go near naked flames - risk of severe burns.
• Fabric (clothing, bedding, dressing gowns etc) that has been in contact with this product burns more easily and is a serious fire hazard.
• Washing clothing and bedding may reduce product build up but not totally remove it.

Children

Dovobet is not recommended for the use in children below the age of 18 years.

Other medicines and Dovobet

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines.

Pregnancy and breastfeeding

If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your doctor for advice before using this medicine. If your doctor has agreed that you can breast-feed, take care and do not apply Dovobet to the breast area.

Driving and using machines

This medicine should not have any effect on your ability to drive or use machines.

Dovobet ointment contains Butyrylhydroxyethylene (E211). This may cause local skin reactions (e.g. contact dermatitis), or irritation to the eyes and mucous membranes.

3. HOW TO USE DOVOBET®

Always use Dovobet exactly as your doctor has told you. Check with your doctor or pharmacist if you are not sure.

How to put on Dovobet. Cutaneous use.

Instruction for proper use

• Use only on your psoriasis and do not use on skin which does not have psoriasis.
• Remove the cap and check that the seal in the tube is not broken before you first use the ointment.
• To break the seal, use the point in the back of the cap.
• Squeeze the ointment onto a clean finger.
• Rub gently into your skin to cover the affected area of psoriasis until most of the ointment has disappeared into the skin.
• Do not bandage, tightly cover or wrap the treated skin area.
• Wash your hands well after using Dovobet (unless you are using the ointment to treat your hands). This will avoid accidentally spreading the ointment to other parts of your body (especially the face, scalp, mouth and eyes).
• Do notน worry if any ointment accidentally gets on normal skin near your psoriasis, but wipe it off if it spreads too far.
• In order to achieve optimal effect, it is recommended not to take a shower or bathe immediately after application of Dovobet ointment.
• After applying the ointment avoid contact with textiles which are easily stained by grease (e.g. skin).

Duration of treatment

• Use the ointment once a day. It may be more convenient to use the ointment in the evening.
• The normal initial treatment period is 4 weeks but your doctor may decide on a different treatment period.
• Your doctor may decide on repeated treatment.
• Do not use more than 15 grams in one day.
• If you use other calcipotriol containing medicines, the total amount of calcipotriol medicines must not exceed 15 grams per day and the area treated should not exceed 30% of the total body surface.

What should I expect when I use Dovobet?

Most patients see obvious results after 2 weeks, even if the psoriasis is not yet cleared at that point.

If you use more Dovobet than you should

Contact your doctor if you have used more than 15 grams in one day.

Excessive use of Dovobet may cause a problem with calcium in your blood, which usually normalises when discontinuing treatment.

Your doctor may need to carry out blood tests to check that using too much ointment has not caused a problem with calcium in your blood. Excessive prolonged use can also cause your glandular and reproductive system to work less properly (these are found near the kidneys and produce hormones).

If you forget to use Dovobet

Do not take a double dose to make up for a forgotten dose.

If you stop using Dovobet

The use of Dovobet should be stopped as indicated by your doctor. It may be necessary for you to stop this medicine gradually, especially if you have used it for a long time.

If you have any further questions on the use of this medicine, ask your doctor or pharmacist.
4. POSSIBLE SIDE EFFECTS

Like all medicines, this medicine can cause side effects, although not everybody gets them.

Serious side effects

Tell your doctor/nurse immediately or as soon as possible if any of the following happens. You may have to stop your treatment.

The following serious side effects have been reported for Dovobet:

- Uncommon (may affect up to 1 in 100 people)
- Worsening of your psoriasis.
- If your psoriasis gets worse, tell your doctor as soon as possible.
- Rare (may affect up to 1 in 1,000 people)
- Pustular psoriasis may occur (a red area with yellowish pustules usually on the hands or feet). If you notice this, stop using Dovobet and tell your doctor as soon as possible.

Some serious side effects are known to be caused by betamethasone (a strong steroid), one of the ingredients in Dovobet. You should tell your doctor as soon as possible if any of these side effects occur. These side effects are more likely to happen after long-term use, use in skin folds (e.g. groin, armpit or under breasts), use under occlusion or use on large areas of skin.

- Rare and possibly fatal (may affect up to 1 in 10,000 people)
- Allergic reactions with deep swelling of the face or other parts of the body such as the hands or feet. Swelling of the mouth/throat and trouble breathing may occur. If you have an allergic reaction, stop using Dovobet, tell your doctor immediately and go to the casualty department at your nearest hospital.
- Treatment with this ointment may cause the level of calcium in your blood or urine to increase (usually when too much ointment has been used). Signs of increased calcium in blood are excessive thirst, constipation, muscle weakness, confusion and coma. This can be serious and you should contact your doctor immediately. However, when the treatment is stopped, the levels return to normal.

Less serious side effects

The following less serious side effects have been reported for Dovobet:

- Common side effects (may affect up to 1 in 10 people)
- Itching.
- Skin irritation.
- Uncommon (may affect up to 1 in 100 people)
- Skin pain or irritation.
- Rash with inflammation of the skin (dermatitis).
- Redness of the skin due to widening of the small blood vessels (erythema).
- Inflammation or swelling of the hair root (folliculitis).

Less serious side effects known to be caused by calcipotriol include the following:

- Itching.
- Burning and stinging sensation.
- Rash.
- Inflammation or swelling of the skin (dermatitis).
- Worsening of psoriasis.

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 Apps Store.

By reporting side effects you can help provide more information on the safety of this medicine.

5. HOW TO STORE DOVOBET®

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 after EXP. The expiry date refers to the last day of that month.

Do not return 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. CONTENTS OF THE PACK AND OTHER INFORMATION

What Dovobet contains

The active substances are:

- Calcipotriol.
- Betamethasone.

One gram of ointment contains 50 micrograms of calcipotriol (as all-rac-9R,10S-9,10-dihydro-9,10-seco-9-oxo-1,2,3,4-tetrahydropregnen-17β-yl) and 0.5 mg of betamethasone (as dipropionate).

The other ingredients are:

- Isopropyl alcohol.
- Polysorbate 80.
- Butylhydroxytoluene (E321).
- Menthol.

What Dovobet looks like and contents of the pack

Dovobet ointment is an off-white to yellow coloured ointment filled in aluminium/polyethylene tubes with polyethylene screw cap. Pack sizes: 15, 30, 60, 100 and 120 g.

Not all pack sizes may be marketed.

Marketing Authorisation Holder and Manufacturer

The Marketing Authorisation holder is:

LEO Pharma A/S
Industriparken 55, DK-2750 Ballerup, Denmark

The manufacturer is:

LEO Laboratories Ltd.
Cashel Road, Dublin 12, Ireland.

This leaflet was last revised in March 2020.

For information in large print, Braille or audio/CD, telephone (01844) 347333

Detailed information on this medicine is available on the website of the Medicines and Healthcare Products Regulatory Agency, www.mhra.gov.uk

LEO