

eumovate

Eczema & Dermatitis 0.05% Cream
Clobetasone Butyrate

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Please read right through this leaflet before you start using this medicine. This medicine is available without prescription, but you still need to use Eumovate Eczema & Dermatitis 0.05% Cream carefully to get the best results from it.

- Keep this leaflet you may need to read it again.
- If you have any questions, or if there is anything you do not understand, ask your pharmacist.

Be aware the percentage of active ingredient that is sometimes included on product packaging does not indicate potency. Eumovate Eczema & Dermatitis 0.05% Cream is classed as a moderately potent corticosteroid.

2. Check before you use Eumovate



Do not use Eumovate

- if you have ever had an allergic reaction to clobetasone butyrate or to any of the other ingredients (listed in Section 6)
- on itchy skin that is not red
- on cuts and open wounds
- to treat any of the following skin problems, as it can make them worse:
 - infected skin (e.g. cold sores, herpes, chickenpox, impetigo, athlete's foot or thrush)
 - acne
 - rosacea (a facial skin condition where the nose, cheeks, chin, forehead or entire face are unusually red, with or without tiny visible blood vessels, bumps (papules) or pus-filled bumps (pustules))
- to treat eczema around a leg ulcer
- if you are under 12 years unless your doctor tells you to

In this leaflet:

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3. How to use Eumovate
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1. What Eumovate does

Eumovate is used for the short term treatment and control of patches of red, itchy skin caused by eczema and dermatitis. The cream works to stop the skin's over-reaction to the triggers that cause skin flare-ups such as eczema or dermatitis. The active ingredient is clobetasone butyrate which is a topical corticosteroid to control inflammation of the skin. The cream base also has moisturising properties.

Corticosteroid creams, ointments and other topical preparations come in four different potencies or strengths. These are known as mild, moderately potent, potent or very potent. Healthcare professionals will usually refer to topical corticosteroid potency rather than strength. A potent or strong corticosteroid has a much stronger effect than a mild corticosteroid when using the same amount.



Take special care with Eumovate

- Do not use over large areas of skin
- Do not use on the face, groin, genital area or between the toes
- Take care to ensure the cream does not get into the eyes
- Use on intact skin only, do not apply to open wounds
- Do not cover the treated area with bandages or dressings
- Contact your doctor if you experience blurred vision or other visual disturbances
- If symptoms persist after 7 days of treatment, see your doctor
- If your condition worsens during use consult a pharmacist or doctor – you may be experiencing an allergic reaction, have an infection or your condition requires a different treatment
- If you experience a recurrence of your condition shortly after stopping treatment, within 2 weeks, do not restart using the cream without consulting a pharmacist or doctor
- If your condition has resolved and on recurrence the redness extends beyond the initial treatment area and you experience a burning sensation please seek medical advice before restarting treatment



Ask your doctor before you use this medicine:

- if you have psoriasis, acne or seborrhoeic dermatitis
- if you have already used the cream on the same area twice before



If you are taking other medicines

Talk to your doctor or pharmacist before using this cream if you are taking any over the counter or prescription medicines, in particular:

- other corticosteroids medicines such as eczema cream, asthma inhalers, tablets, injections, nasal sprays, and eye or nose drops
- ritonavir or itraconazole



Pregnancy and breast-feeding

Talk to your doctor before using Eumovate if you are pregnant, trying to become pregnant or are breast-feeding.

3. How to use Eumovate



Use this medicine only on your skin. This product is intended for short term use only. You should apply the cream for the shortest time necessary to relieve your symptoms.

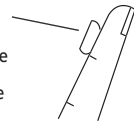
Adults and children aged 12 years and over:

Use the cream once or twice daily, for up to 7 days.

- Wash and dry your hands.
- Squeeze out the correct amount of cream onto your index finger. The picture below gives you an idea of how much to use. Half a fingertip will cover a patch of skin the same size as the palm of your hand.
- Gently rub cream into the skin you are treating once or twice a day.
- Wash your hands again (unless it is your hands you are treating).

How much to use

- Squeeze out the cream along the top of your index finger: see the picture.
- From the crease in your finger, squeeze the cream halfway to your fingertip. This will cover a patch of skin the same size as the palm of your hand.



- Use the fingertip unit as a guide. For smaller areas, use a smaller amount. This cream is not meant to treat large areas.

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- If you use a bit too much of the cream by mistake, don't worry – but try to keep to the fingertip unit.
- Half a fingertip will cover a patch of skin the same size as the palm of your hand.



Do not use more than the recommended dose

- If you forget to use the cream, use it when you remember.
- Stop using Eumovate if the condition resolves within 7 days.
- Do not use for more than 7 days.

Seek medical advice immediately if:

- your symptoms continue or worsen
- you use more medicine than recommended or swallow the cream.
- you experience frequent flare-ups upon stopping treatment

4. Possible side effects

Like all medicines, Eumovate can have side effects, but not everybody gets them.

Stop using and tell your doctor immediately if you experience any of the following:

- an allergic reaction such as skin rashes, redness, itching, local skin burning and skin infection
- if your condition gets worse during treatment.

If you use more than the correct amount of cream or for longer than recommended you may experience:

- increased weight
- moon face/rounding of the face
- obesity
- skin thinning
- changes to the colour of your skin
- increased body hair

The following symptoms may occur with use in children:

- delayed weight gain
- slow growth

Other side effects that may show up in blood tests or when your doctor gives you a medical examination:

- a decrease in the level of the hormone cortisol in your blood
- increased levels of sugar in your blood or urine
- high blood pressure
- cloudy lens in the eye (cataract)
- increased pressure in the eye (glaucoma)
- weakening of the bones through gradual loss of mineral (osteoporosis) - additional tests may be needed after your medical examination to confirm if you have this condition.

Steroid withdrawal reaction:

If used over prolonged periods a withdrawal reaction, which might appear to be different from the previous condition, may occur in some patients during treatment or within days to weeks after stopping treatment, with some or all of the following features:

- redness of the skin which can extend beyond the initial area treated
- a burning or stinging sensation
- intense itching
- peeling of the skin
- oozing open sores

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 Eumovate

Keep out of the sight and reach of children.

Do not use this medicine after the 'EXP' date shown on the pack. Do not store above 25°C.

6. Further information

Active ingredient The cream contains clobetasone butyrate 0.05% w/w.

Other ingredients Glycerol, glycerol monostearate, cetostearyl alcohol, beeswax substitute 6621, arlacel 165, dimeticone 20,

chlorocresol, sodium citrate, citric acid monohydrate and purified water.

The tube contains 15 g of cream.

The marketing authorisation holder is Haleon UK Trading Limited, Weybridge, KT13 0NY, U.K. and all enquiries should be sent to this address.

The manufacturers are Glaxo Wellcome Operations, Harmire Road, Barnard Castle, Durham, DL12 8DT, UK

7. More about managing eczema and dermatitis

Skin specialist advice

Skin specialists often advise people with eczema or dermatitis to use emollient (moisturising) skin products, including creams and bath oils, to keep moisture in the skin. This can make your skin more resistant to flare-ups. Avoid using soap and heavily scented products. Ask your pharmacist for further information.

If a rash comes back

Sometimes people with dermatitis find their rash soon comes back after treatment, or never disappears completely. This is often because they are still in contact with their trigger i.e. what causes the reaction. If you can't work out what's wrong, ask your doctor for advice.

Common triggers

- Jewellery including earrings or studs (especially gold-plated earrings)
 - Coins
 - Watch buckles, metal straps or the metal back of a watch
 - Metal studs or fastenings on jeans, bras or underwear.
- All of these have a metal in them called nickel, which is a very common trigger. If you react badly to nickel, all of the triggers in the list could be a problem. So if you've reacted badly to one of the common triggers, you'll need to watch out for the other common triggers.

Other common triggers

Triggers include rubber and pine tree sap, which are used in all sorts of items we touch every day. You might find triggers:

- **In the home:** such as plasters, furniture polish, varnishes, rubber gloves or elastic in clothes
- **In substances you use at work:** such as glues, oils, lubricants or cement
- **In the garden:** certain plants and weeds, gardening gloves.

Even if it is not practical to avoid triggers, there are often practical steps you can take – see next section, *Finding out more*.

Finding out more

- You may be able to find out more from public libraries.
- You can contact the National Eczema Society, Hill House, Highgate Hill, London, N19 5NA. Helpline 0870 241 3604.
- If you have other questions about Eumovate or are not sure about anything, ask your doctor or pharmacist who will be able to advise you.

This leaflet was last revised in April 2024.

The information in this leaflet only applies to Eumovate Eczema & Dermatitis 0.05% Cream.

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