



Doublebase™ Emollient Bath Additive

liquid paraffin 65% w/w

Please read all of this leaflet carefully before you start using this medicine.

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

Ask your doctor, nurse or pharmacist if you need more information or advice.

In this leaflet:

1. What Doublebase Emollient Bath Additive is and what it is used for
2. Before you use Doublebase Emollient Bath Additive
3. How to use Doublebase Emollient Bath Additive
4. Possible side effects
5. How to store Doublebase Emollient Bath Additive
6. Further information
7. General advice on looking after dry skin conditions

1. WHAT DOUBLEBASE EMOLLIENT BATH ADDITIVE IS AND WHAT IT IS USED FOR

- Doublebase Emollient Bath Additive is a skin treatment for you to add to your bath water when bathing.
- It helps treat dry or chapped skin conditions that may also be itchy, red and sore. Common examples include:
 - psoriasis (scaly, pink patches of skin), elderly pruritus (itchy skin due to ageing), ichthyosis (abnormal scaly skin), various forms of eczema, dermatitis and other dry skin disorders.
- **All age groups** can use Doublebase Emollient Bath Additive, including babies.
- The **active ingredient** in this product is liquid paraffin. This active ingredient is an **emollient**. When added to your bath water the product helps to:
 - soften, moisturise and protect your skin by trapping moisture in the skin and restoring the normal protective function of the skin.
 - prevent the skin-drying and irritant effects that can be caused by bathing and by the soaps, foaming additives and fragrances used in ordinary bath products.
- This product can be used in addition to any other emollients or treatments your doctor, pharmacist or nurse may have given or prescribed for you to treat your dry skin condition.

2. BEFORE YOU USE DOUBLEBASE EMOLLIENT BATH ADDITIVE

Do not use Doublebase Emollient Bath Additive if you are **allergic** (hypersensitive) to liquid paraffin or any of the other ingredients of Doublebase Emollient Bath Additive listed in Section 6.

Take special care when using this product:

- it can make your bath slippery, so be careful to avoid slipping over when getting into and out of your bath. Be careful when handling babies and young children.
- after use, clean out the bath with a suitable detergent to remove any remaining greasiness (wearing protective gloves to avoid irritating your hands).

Using other medicines

This product is not known to affect, or to be affected by, other medicines.

Pregnancy and breast-feeding

This product can be used during pregnancy and while breast-feeding. The ingredients have been in widespread use in this and similar preparations for many years, without reports of problems. However, safety trials have not been conducted.

3. HOW TO USE DOUBLEBASE EMOLLIENT BATH ADDITIVE

For maximum benefit, add this product to your bath water every time you have a bath.

For adults, children and the elderly:

- Shake the bottle before use.
- Add approximately 15 to 20 ml (1½ to 2 inner capfuls) to a normal-sized bath filled with water to a depth of roughly 20 cm (8 inches).
- Get into the bath and cover the affected areas of skin with the bath water.
- Soak for 10 to 20 minutes.
- **Pat** the skin dry with a **soft** towel.
- **Avoid rubbing** with the towel because this makes dry skin conditions worse.

For babies and children:

- Shake the bottle before use.
- Add approximately 5 to 10 ml (½ to 1 inner capful) to a small bath of water or wash basin.
- Submerge the affected areas of skin.
- Soak for 10 to 20 minutes.
- Alternatively, repeatedly sponge the water over the affected skin areas.
- **Pat** the skin dry with a **soft** towel.
- **Avoid rubbing** with the towel because this makes dry skin conditions worse.

You may prefer to use your normal soap as well as Doublebase Emollient Bath Additive when bathing. As a general rule, however, the use of normal soaps and foaming bath products (even those labelled “moisturising”) is best avoided, or at least kept to a minimum. Ideally, a fragrance-free emollient “soap substitute” should be used instead, despite the fact that this type of product does not foam or lather.

If you forget to use Doublebase Emollient Bath Additive

Do not worry if you occasionally forget to use it, just carry on using the product as described the next time you bathe.

4. POSSIBLE SIDE EFFECTS

Like all medicines, Doublebase Emollient Bath Additive can cause side effects, although not everybody gets them.

This product has been specially designed for use on dry or problem skin. However, in rare cases it can cause skin irritation (mild rashes) or allergic skin reactions on extremely sensitive skin. These rare effects tend to occur during or soon after the first few uses.

Stop using this bath additive and **tell** your doctor, nurse or pharmacist:

- if your skin condition seems to look or feel worse.
- if any of the side effects get worse, or you notice any other side effects not mentioned in this leaflet.

If this product is accidentally **swallowed**, its oily ingredients may cause diarrhoea.

If this happens:

- treat the symptoms as you would deal with any case of diarrhoea.
- drink plenty of water.
- **do not attempt to cause vomiting.**

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

5. HOW TO STORE DOUBLEBASE EMOLLIENT BATH ADDITIVE

- Keep out of the reach and sight of children.
- Do not use Doublebase Emollient Bath Additive after the expiry date shown on the container.
The expiry date refers to the last day of that month.
- This medicinal product does not require any special storage conditions.
- Always replace the cap after use.

6. FURTHER INFORMATION

What Doublebase Emollient Bath Additive contains:

The **active ingredient** is **liquid paraffin** (65% w/w).

The **other ingredients** are isopropyl myristate, glycerol, macrogol cetostearyl ether (cetomacrogol 1000), cetostearyl alcohol, phenoxyethanol and purified water.

What Doublebase Emollient Bath Additive looks like and contents of the pack

- The bath additive is available in a plastic bottle containing 500 ml. The inner part of the cap is designed to hold 10 ml of product and can be used to help measure out the required quantity to add to the bath (see Section 3).
- The product is a white to off-white liquid. It contains no dye or fragrance.

The Marketing Authorisation holder is Dermal Laboratories, Tatmore Place, Gosmore, Hitchin, Herts, SG4 7QR, UK.

The Manufacturer is Fleet Laboratories Ltd, 94 Rickmansworth Road, Watford, Hertfordshire, WD18 7JJ, UK.

This leaflet was last revised in August 2016.

7. GENERAL ADVICE ON LOOKING AFTER DRY SKIN CONDITIONS

- Emollients help soften, moisturise and protect the skin. They play a central role in the treatment and management of dry skin conditions. For maximum effect, they should be applied regularly and as often as needed.
- When bathing, try to use warm, not hot, water and avoid staying in the bath for long periods. This could make dry skin conditions worse.
- Try to avoid using normal soaps or bath additives (even those labelled “moisturising”). This is because they tend to dry and irritate the skin. Avoid using products containing fragrances, as these can also cause skin problems. You should try to use a fragrance-free emollient “soap substitute” instead. This type of product will not foam or lather but will be better for your dry skin condition.

Breaking the itch-scratch cycle

Some dry skin conditions like eczema and dermatitis are itchy, and can be quite sore. Although scratching relieves the itching for a short while, it further damages the skin. Badly scratched skin easily gets infected. This makes it itchier and the urge to scratch becomes even greater. It is better if scratching can be avoided by reducing the itching. The regular use of emollients or moisturisers can help with this.

To listen to or request a copy of this leaflet in Braille, large print or audio, please call free of charge: **0800 198 5000** (UK only).

Please be ready to give the following information:
Doublebase Emollient Bath Additive, 00173/0200.

This is a service provided by the Royal National Institute of Blind People.