

PATIENT INFORMATION LEAFLET

PINEWOOD'S BITES AND STINGS RELIEF CREAM 1% Hydrocortisone BP

Read all of this leaflet because it contains important information for you.

This medicine is available without a prescription. However, you still need to use this product carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- You must contact a doctor if your symptoms worsen or do not improve after 3 days.
- If any of the side effects gets serious or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

In this leaflet:

- 1 What Bites and Stings Relief Cream is and what it is used for
- 2 Before you use Bites and Stings Relief Cream
- 3 How to use Bites and Stings Relief Cream
- 4 Possible side effects
- 5 How to store Bites and Stings Relief Cream
- 6 Further information

1. WHAT BITES AND STINGS RELIEF CREAM IS AND WHAT IT IS USED FOR

Pinewood's Bites and Stings Relief Cream is a smooth white cream for application to the skin only. It contains hydrocortisone, which belongs to a group of medicines called corticosteroids. Pinewood's Bites and Stings Relief Cream is used to treat insect bite and sting reactions.

Hydrocortisone should not be confused with anabolic steroids, used by some body builders and taken as tablets or injections.

2. BEFORE YOU USE BITES AND STINGS RELIEF CREAM

Do not use Bites and Stings Relief Cream:

- if you are allergic to hydrocortisone or to any of the other ingredients of Bites and Stings Relief Cream (see Section 6 and end of Section 2)
- if you have a bacterial infection (e.g. impetigo), viral infection (e.g. cold sores, herpes simplex, chicken pox) or fungal infection (e.g. tinea, also called 'athlete's foot', ringworm or thrush) of the skin
- on your face or near your eyes, on your anal or genital region, or on broken skin including acne
- for bites and stings which are not from insects or for other skin conditions

Take special care with Bites and Stings Relief Cream

Bites and Stings Relief Cream is **not** suitable for use in the following:

- allergic skin reactions including temporary red or raised areas on your skin (short-lived 'wheal and flare' reactions)
- conditions involving the deeper skin layers, such as granulomas
- psoriasis (long-term scaly skin condition); only use this product on medical advice and with careful supervision by your doctor

Do not cover the area with a plaster or dressing of any kind after application of Bites and Stings Relief Cream.

Taking other medicines

Please tell your doctor if you are taking or have recently taken any other medicines, including medicines obtained without a prescription.

Pregnancy and breast-feeding

As with all medicines, ask your doctor for advice before using Pinewood's Bites and Stings Relief Cream if you are pregnant or breast-feeding.

Important information about some of the ingredients

Bites and Stings Relief Cream contains:

- **chlorocresol** may cause allergic reactions
- **cetomacrogol emulsifying wax** contains cetostearyl alcohol which may cause local skin reactions (e.g. contact dermatitis)

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3. HOW TO USE BITES AND STINGS RELIEF CREAM

FOR EXTERNAL USE ONLY

Always use Bites and Stings Relief Cream exactly as instructed in this leaflet. If you are unsure, ask your doctor or pharmacist.

Do not exceed the stated dose.

Not for use by children under 10 years of age without medical advice.

For adults and children aged 10 years and over, apply to the **surface of the skin** only.

- 1 Wash your hands thoroughly before use.
- 2 Apply the cream sparingly to a small area, once or twice a day for a **maximum of 2-3 days**. Massage the cream gently into the affected area to help absorption into the skin.
- 3 Once applied, **do not cover** the area with a dressing or plaster.

If the condition has not improved after 2-3 days or worsens, consult your doctor.

If you use more Bites and Stings Relief Cream than you should

If you or a child accidentally swallow the cream, contact your doctor or nearest hospital immediately. Take the packet with you to help identification.

If you forget to use Bites and Stings Relief Cream

If you miss a treatment, apply the cream as soon as you remember, and apply the remaining dose for that day at an evenly spaced interval.

If you have any further questions on the use of this product, ask your doctor or pharmacist.

4. POSSIBLE SIDE EFFECTS

Like all medicines, Bites and Stings Relief Cream can cause side effects, although not everybody gets them.

You may notice the following:

- rash, itchy skin, swelling of the lips, eyes, tongue, or difficulty in breathing may be signs of an **allergic reaction**. **Stop using Bites and Stings Relief Cream immediately**.
- 'stretch marks' may appear, especially where skin is in folds such as the groin or armpits.

Reporting of side effects

If you get any side effects, talk to your doctor or pharmacist. 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 BITES AND STINGS RELIEF CREAM

Keep out of the reach and sight of children. Do not store above 25°C. Store in the original package and keep the tube in the outer carton. Do not use Bites and Stings Relief Cream after the expiry date, which is stated on the tube/carton. Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

6. FURTHER INFORMATION

What Bites and Stings Relief Cream contains:

- The **active substance** is hydrocortisone and the cream contains 10 mg in every 1g (1%).
- The **other ingredients** are Cetomacrogol Emulsifying Wax, chlorocresol, liquid paraffin, Macrogol 300, white soft paraffin and purified water (see end of Section 2 for further information).

What Bites and Stings Relief Cream looks like and contents of the pack

The product is a smooth white cream and is available in aluminium tubes containing 10g.

Marketing Authorisation Holder and Manufacturer

Pinewood Laboratories Ltd, Ballymacarby, Clonmel Co. Tipperary, Ireland
PL 04917/0062

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