

## PACKAGE LEAFLET: INFORMATION FOR THE USER

### Balneum

**Active substance:** soya oil 84.75 %

Bath additive

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

Always use this medicine exactly as described in this leaflet or as your doctor, pharmacist or nurse have told you.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- 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.

### What is in this leaflet:

1. What Balneum is and what it is used for
2. What you need to know before you use Balneum
3. How to use Balneum
4. Possible side effects
5. How to store Balneum
6. Content of the pack and other information

### 1. What Balneum is and what it is used for

Balneum is a bath additive that contains soya oil and is used for the treatment of dry skin disorders such as eczema and dermatitis.

Balneum relieves symptoms associated with dry skin whilst also cleansing, and helping to protect against further drying.

Soya oil is an emollient (moisturiser) which soothes and softens dry skin by helping to replace lost oils. The oil forms tiny droplets in the water which leave a thin film on your skin. This film helps to stop your skin from drying out and so makes it feel soft.

### 2. What you need to know before you use Balneum

#### Do not use Balneum

- If you are allergic (hypersensitive) to soya, peanut or any of the other ingredients of this medicine (listed in section 6)
- If you suffer from fresh pustular forms of Psoriasis (Psoriasis pustulosa).

All full baths – including those to which Balneum has been added – should only be taken after consultation with your doctor in the following cases: major skin injuries, acute skin diseases of unknown cause, feverish and infectious diseases, heart failure and high blood pressure.

If the above applies to you, **do not** use this medicine and talk to your doctor.

### Warnings and precautions

- Avoid getting Balneum in your eyes, however, if this should occur, rinse immediately with clean water. If eye irritation remains please see your doctor.

- Undiluted Balneum **should not** be swallowed. If this happens talk to your doctor or pharmacist immediately.
- Make sure water does not exceed 36°C, as this can make your skin condition worse.
- Take care **not** to slip in the bath.
- Always clean the bath immediately after you have used Balneum. To do this rinse thoroughly with hot water and then clean with a household cleaner.
- If your symptoms do not get better, go and see your doctor.

Do not smoke or go near naked flames - risk of severe burns. Fabric (clothing, bedding, dressings 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.

### **Other medicines and Balneum**

There are no known interactions when using Balneum with other medicines but please tell your doctor or pharmacist if you are taking or have recently taken any other medicines, including medicines obtained without a prescription.

Do not use soaps or syndet in addition to Balneum as this neutralises the effect of the product.

### **Pregnancy and breast-feeding**

Ask your doctor or pharmacist for advice before taking any medicine.

You may use Balneum whilst you are pregnant.

### **Driving and using machines**

Balneum is not expected to have any effect on your ability to drive or use machines.

### **Balneum contains butylhydroxytoluene and fragrance containing allergens**

Butylhydroxytoluene may cause local skin reactions (e.g. contact dermatitis) or irritation to the eyes and mucous membranes.

This medicine contains fragrance with allergens. These allergens (d-limonene, linalool) may cause allergic reactions.

## **3. How to use Balneum**

Always use Balneum exactly as your doctor has told you. You should check with your doctor or pharmacist if you are not sure.

- Balneum is for external use by patients of all ages.
- Pour the appropriate amount of Balneum liquid into the bath as the bath is filling (please see below for correct measurements), be careful the water is not too hot.
- Stay in the bath for at least 10 minutes but not longer than 20 minutes.
- In the case of infants and small children a bath of only a few minutes is mostly sufficient.
- **Do not** use soap since this will remove Balneum from your skin and can also dry the skin.

- If only a small area of skin is affected, you may be able to bathe the affected area in a bowl or sink.

#### Measurements:

- For a full bath (Adults dose) – 1 capful (about 20 ml)
- For a child's or baby's bath – ¼ of a capful (about 5 ml)
- For a partial bath in a bowl or sink – 1/8 of a capful (about 2.5 ml)

If you have very dry skin, you can use two or three times the above amounts.

- After bathing gently pat dry with a towel. If you wipe or rub your skin too much the Balneum will not work as well.
- Adults and children should bathe with Balneum 2 to 3 times a week or as often as required. Your doctor will advise you how often you should use Balneum depending on how severe your skin condition is. For babies and infants a daily bath is recommended.

Always clean the bath immediately after you have used Balneum. To do this, rinse the bath and equipment thoroughly with hot water and then clean with a household cleaner.

#### **Duration of treatment**

Your doctor will tell you for how long you need to use Balneum.

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

#### **If you use more Balneum than you should**

There are no known harmful effects resulting from excessive oil concentrations in the bath water.

#### **4. Possible side effects**

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

- Very rarely during use there may be cases of reddening, itching and burning.
- In very rare cases soya oil may cause allergic reactions.

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.

#### **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, Website: [www.mhra.gov.uk/yellowcard](http://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 also provide more information on the safety of this medicine.

#### **5. How to store Balneum**

Keep out of the sight and reach of children.

**Do not** use Balneum after the expiry date which is stated on the label and the carton after EXP. The expiry date refers to the last day of that month.

You should store Balneum in its original pack.

Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

## **6. Content of the pack and other information**

### **What Balneum contains**

The active substance is soya oil 84,75% .

Other ingredients:

Polyoxyethylene lauryl ether, oleic acid, diethanolamide, perfume oil (d-limonene, linalool), propylene glycol(E1520), butylhydroxytoluene (E321), ascorbyl palmitate and citric acid monohydrate.

### **What Balneum looks like and content of the pack**

Balneum is an oily liquid.

Your medicinal product comes in either 20 ml, 95 ml, 100 ml, 150 ml, 200 ml, 225 ml, 250 ml, 300 ml, 500 ml, 2x500ml, 600 ml or 1000 ml high density polyethylene bottles with a screw cap and also in 10 ml and 20 ml foil laminate sachets and 20 ml polyethylene/foil blisters.

Not all pack sizes may be marketed.

### **Marketing Authorisation Holder and Manufacturer**

Almirall Hermal GmbH  
Scholtzstraße 3, 21465 Reinbek, Germany  
Tel.: +49-40 727 04-0  
Fax: +49-40 722 92 96

### **Manufacturer**

Almirall Hermal GmbH  
Scholtzstraße 3, 21465 Reinbek, Germany

Industrias Farmaceuticas Almirall, S.A.  
Ctra. de Martorell 41-61, 08740 Sant Andreu de la Barca, Barcelona, Spain.

**This leaflet was last revised in:**

10/2021

## **OTHER INFORMATION**

### **Self Help Measures**

Eczema and dermatitis have many different causes and there are various self help measures you can adopt. If you want to find out more, you may find the following organisation helpful:

National Eczema Society  
11 Murray Street  
London NW1 9RE  
Telephone Number: 020 7281 3553