

# Canesten® Thrush Cream

clotrimazole 2% w/w

**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 pharmacist has 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 or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.
- You must talk to a doctor if you do not feel better or if you feel worse after seven days.

## WHAT IS IN THIS LEAFLET

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

## 1. WHAT IS CANESTEN THRUSH CREAM AND WHAT IT IS USED FOR

Canesten Thrush Cream relieves irritation of the vulva (vulvitis) which is caused by vaginal thrush (candidiasis).

Although this cream provides relief from the external irritation caused by vaginal thrush, it cannot treat any internal (vaginal) cause of the infection. Ask your doctor or pharmacist to recommend a treatment for this.

Canesten Thrush Cream is used to treat adults and children aged 12 years and over.

**Only use this product if you have been previously diagnosed by your doctor as having vaginal thrush.**

Some women suffer from recurrent attacks of thrush. To reduce the frequency of these attacks, the sexual partner's penis can be treated with this cream to prevent reinfection, even if they have no symptoms of thrush.

The active substance in Canesten Thrush Cream is clotrimazole. Clotrimazole belongs to a group of medicines called azoles and is an antifungal agent which fights the cause of infections such as vaginal thrush.

## 2. WHAT YOU NEED TO KNOW BEFORE YOU USE CANESTEN THRUSH CREAM

**Do not use Canesten Thrush Cream:**

If you are allergic (hypersensitive) to clotrimazole or any of the other ingredients including cetostearyl alcohol or benzyl alcohol, of Canesten Thrush Cream (listed in section 6).

### Warnings and Precautions:

Talk to your doctor or pharmacist before using Canesten Thrush Cream

- You are unsure whether you have thrush or this is the first time you have had these symptoms.
- You have had more than two infections of thrush in the last six months.
- You or your partner have ever had a sexually transmitted disease.
- You are aged under 12 or over 60.
- You have ever had an allergic reaction to Canesten or any of the other ingredients (listed in section 6).

- You have any of the following symptoms:
  - Irregular vaginal bleeding.
  - Abnormal vaginal bleeding or a blood stained discharge.
  - Ulcers, blisters or sores of the vagina or vulva.
  - Lower abdominal pain.
  - Back pain
  - Redness, irritation or swelling associated with recent use of Canesten Thrush Cream.
  - Shoulder pain
  - Pain or difficulty in passing urine.
  - Fever or chills.
  - Feeling sick or vomiting.
  - Diarrhoea.
  - A foul smelling discharge from the vagina.

This is because Canesten Thrush Cream may not be the right treatment for you.

### Important information about some of the ingredients:

This product contains cetostearyl alcohol which may cause local skin irritation (e.g. rash, itching or redness).

This product contains 20 mg/g benzyl alcohol in each gram of cream. Benzyl alcohol may cause allergic reactions. Benzyl alcohol may cause mild local irritation.

### Special precautions:

Avoid sexual intercourse while using this product, as the infection could be transferred to your partner. As with other creams, this product may reduce the effectiveness of rubber contraceptives, such as condoms or diaphragms.

Consequently, you should use alternative precautions for at least five days after using this product.

Do not use tampons, spermicides or other vaginal products while using this product.

### Pregnancy and breastfeeding:

If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before using this medicine. Canesten Thrush Cream can be used in pregnancy and breastfeeding, but only under the supervision of your doctor or midwife. You must follow his/her instructions for use.

## 3. HOW TO USE CANESTEN THRUSH CREAM

### Women:

Always use this medicine exactly as described in this leaflet or as your pharmacist has told you. Check with your pharmacist if you are not sure:

- Before use, pierce the tube seal by inverting the cap over the end of the tube and press.
- To treat the itching and soreness of the vulva (vulvitis), the cream should be thinly and evenly applied to the area around the entrance of the vagina, 2 or 3 times a day and smoothed in gently. A product to treat the internal (vaginal) infection should be used at the same time.

Treatment should be continued until symptoms of the infections disappear. Consult your doctor if the symptoms of your infection do not improve within seven days of finishing treatment for the internal infection.

### Treating your sexual partner:

If your sexual partner is treated with this cream, the cream should be applied to the end of the penis 2 or 3 times a day for up to two weeks.

**Canesten Thrush Cream is for external use only: Do not put the cream in your mouth or swallow it.**

If the cream is swallowed accidentally, tell your doctor straight away or contact the Accident and Emergency Department of your nearest hospital.

Avoid contact with the eyes.

#### 4. POSSIBLE SIDE EFFECTS

Like all medicines, Canesten Thrush Cream can cause side effects, although not everybody gets them.

As with all medicines, some people may be allergic to the cream. If you are allergic, a reaction will occur soon after you have used the medicine. If you experience an allergic reaction or the redness, burning, pain, itching or swelling get worse, stop using this product and tell your doctor straight away or contact the Accident and Emergency Department of your nearest hospital. Signs of an allergic reaction may include:

- Rash.
- Swallowing or breathing problems.
- Swelling of your lips, face, throat or tongue.
- Weakness, feeling dizzy or faint.
- Nausea.
- Low blood pressure

After you apply the cream you might experience:

- Mild burning or irritation.

If this is intolerable, stop treatment and see your doctor as soon as possible.

Canesten Thrush Cream may cause side effects which can be very similar to the symptoms of the infection. If any of these symptoms gets worse, stop treatment and see your doctor as soon as possible. These symptoms may include:

Discomfort of the vagina or vulva, redness, swelling, bleeding, peeling skin in the genital area, itching, rash, vaginal discharge, pain (e.g. abdominal or pelvic area).

#### 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 HPRA Pharmacovigilance; Website: [www.hpra.ie](http://www.hpra.ie).

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

#### 5. HOW TO STORE CANESTEN THRUSH CREAM

**Keep this medicine out of the sight and reach of children. This product should be stored in the original carton.**

Do not store above 25 °C.

Do not use Canesten Thrush Cream after the expiry date which is stated at one end of the carton, on the product label after 'EXP' and on the end of the tube of cream. The expiry date refers to the last day of that month.

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. CONTENTS OF THE PACK AND OTHER INFORMATION

##### What Canesten Thrush Cream contains:

- The active substance is clotrimazole at a strength of 2% w/w (20 mg/g).
- The other ingredients are benzyl alcohol, polysorbate 60, sorbitan stearate, cetyl palmitate, cetostearyl alcohol, octyldodecanol and purified water.  
See Section 2 'Important information about some of the ingredients' for benzyl alcohol and cetostearyl alcohol advice.

##### What Canesten Thrush Cream looks like and contents of the pack:

Canesten Thrush Cream is available in tubes containing 20 g of white cream.

##### Product procured from within the EU, repackaged and distributed by the Parallel Product Authorisation holder:

PCO Manufacturing Ltd., Unit 10, Ashbourne Business Park, Rath, Ashbourne, Co. Meath, Ireland.

##### Manufacturer:

Kern Pharma S.L., Poligono Ind Colon II, Calle Venus 72, 08228 Terrassa, Barcelona, Spain or GP Grenzach Produktions GmbH, Emil-Barell-Strasse 7, 79639 Grenzach-Wyhlen, Germany.

##### Remember:

If you have any doubts about using Canesten Thrush Cream correctly, seek the advice of your doctor or pharmacist

##### Parallel Product Authorisation number: PPA 465/48/4

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##### Further information about vaginal thrush:

Vaginal thrush (candidiasis) is a common infection that most women suffer from at some time in their lives and is not caused by lack of personal hygiene.

Thrush is caused by a yeast (fungus) called Candida which lives harmlessly in the vagina and other parts of the body, without you even noticing it. However, the natural balance that keeps Candida under control can be upset by many factors such as hormonal changes (menstruation, contraceptive pill, pregnancy, menopause), poor health, antibiotics, perfumed soaps, bath additives and tight clothing.

If the natural pH balance is altered, the level of yeast increases and can develop into a thrush infection causing any of the following symptoms: persistent burning and/or itching around the vagina and vulva, redness, swelling and soreness of the tissues of the vagina and vulva and a whitish, odourless discharge from the vagina. Not everybody who has thrush has all these symptoms; you may have only one of them.

##### How to avoid future recurrences:

- ✓ Wear cotton knickers and loose clothing.
- ✓ Wash daily.
- ✓ After going to the toilet, wipe yourself from the front to back as a thrush infection may be transferred from the bowel.
- ✓ Change your sanitary protection regularly.
- ✗ Try to avoid wearing tights, nylon knickers and close fitting jeans.
- ✗ Try to avoid washing with perfumed soaps or using vaginal deodorants.
- ✗ Do not wash or rub yourself hard with sponges or flannels and avoid hot baths with strong perfumed oils.

If you are still worried or have any questions about the symptoms or the treatment of thrush, do not hesitate to ask your doctor or pharmacist for advice.

**This leaflet was last revised in March 2023**