

## PATIENT INFORMATION LEAFLET

### CORTOPIN 1% W/W CREAM 1% Hydrocortisone

**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 7 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 Cortopin 1% w/w Cream is and what it is used for
2. Before you use Cortopin 1% w/w Cream
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4. Possible side effects
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6. Further information

#### **1. WHAT CORTOPIN 1% W/W CREAM IS AND WHAT IT IS USED FOR**

Cortopin 1% w/w Cream is a smooth white cream for application to the skin only. It contains hydrocortisone which belongs to a group of medicines called corticosteroids. Cortopin 1% w/w Cream is used to reduce inflammation in a variety of inflammatory skin conditions, such as:

- mild to moderate eczema
- dermatitis caused by irritants or allergens
- insect bite reactions

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

#### **2. BEFORE YOU USE CORTOPIN 1% W/W CREAM**

##### **Do not use Cortopin 1% w/w Cream:**

- if you are allergic to hydrocortisone or to any of the other ingredients of Cortopin 1% w/w 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 the anal or genital region, or on broken skin.

##### **Take special care with Cortopin 1% w/w Cream**

Cortopin 1% w/w 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 Cortopin 1% w/w Cream.

Take great care to apply the cream sparingly to the skin of children. Covering the treated area can increase absorption.

Do not apply the product to your face for long periods of time.

#### **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**

Tell your doctor if you are or may be pregnant. Ask your doctor for advice before taking any medicine during pregnancy. There is a very small risk of abnormalities in the unborn child if this product is used during pregnancy.

If you are breast-feeding, do not apply the product to your chest area.

#### **Important information about some of the ingredients**

Cortopin 1% w/w Cream contains

- **chlorocresol** - may cause allergic reactions
- **cetostearyl alcohol** - may cause local skin reactions (e.g. contact dermatitis).

### **3. HOW TO USE CORTOPIN 1% W/W CREAM**

<b>FOR EXTERNAL USE ONLY</b>
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Always use Cortopin 1% w/w Cream exactly as instructed in this leaflet. If you are not sure, ask your doctor or pharmacist.

**Do not exceed the stated dose.**

**Not for use by children under 12 years** of age without medical advice.

For application to the **surface of the skin** only:

1. Wash your hands thoroughly before use.
2. Apply the cream sparingly to the affected area, once or twice a day for a **maximum of 7 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 7 days, or worsens, consult your doctor.

### **If you use more Cortopin 1% w/w 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 Cortopin 1% w/w 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, Cortopin 1% w/w 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 Cortopin 1% w/w Cream immediately.**
- ‘stretch marks’ may appear, especially in skin 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 HPRa Pharmacovigilance, Earlsfort Terrace, IRL - Dublin 2; Tel: +353 1 6764971; Fax: +353 1 6762517; Website: [www.hpra.ie](http://www.hpra.ie); e-mail: [medsafety@hpra.ie](mailto:medsafety@hpra.ie). By reporting side effects you can help provide more information on the safety of this medicine.

## **5. HOW TO STORE CORTOPIN 1% W/W CREAM**

Keep out of the sight and reach of children. Do not store above 25°C. Store in the original package and keep the tube in the outer carton. Do not use Cortopin 1% w/w 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 Cortopin 1% w/w Cream contains:**

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

### **What Cortopin 1% w/w Cream looks like and contents of the pack**

The product is a smooth, white cream and is available in aluminium tubes containing 15g.

**Marketing Authorisation Holder and Manufacturer**

Pinewood Laboratories Ltd., Ballymacarbry, Clonmel, Co. Tipperary, Ireland.  
PA 281/71/2

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