

PACKAGE LEAFLET: INFORMATION FOR THE USER

Xamiol[®] 50 micrograms/g + 0.5 mg/g gel

calcipotriol/betamethasone

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

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor, pharmacist or nurse.
- This medicine has been prescribed for you. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.
- If you get any of the 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 Xamiol[®] is and what it is used for
2. What you need to know before you use Xamiol[®]
3. How to use Xamiol[®]
4. Possible side effects
5. How to store Xamiol[®]
6. Contents of the pack and other information

1. WHAT XAMIOL[®] IS AND WHAT IT IS USED FOR

Xamiol[®] is used as topical treatment of scalp psoriasis in adults. Psoriasis is caused by your skin cells being produced too quickly. This causes redness, scaling and thickness of your skin.

Xamiol[®] contains calcipotriol and betamethasone. Calcipotriol helps to bring the rate of skin cell growth back to normal and betamethasone acts to reduce inflammation.

2. WHAT YOU NEED TO KNOW BEFORE YOU USE XAMIOL[®]

Do not use Xamiol[®]:

- If you are allergic (hypersensitive) to calcipotriol, betamethasone or any of the other ingredients of Xamiol[®] (listed in section 6)
- If you have problems with calcium levels in your body (ask your doctor)
- If you have certain types of psoriasis: these are erythrodermic, exfoliative and pustular (ask your doctor)

As Xamiol[®] contains a strong steroid, do NOT use it on skin affected by:

- [skin](#) infections caused by viruses (e.g. cold sores or chicken pox)
- [skin](#) infections caused by a fungus (e.g. athlete's foot or ringworm)
- [skin](#) infections caused by bacteria
- [skin](#) infections caused by parasites (e.g. scabies)
- tuberculosis (TB) ~~or syphilis~~
- perioral dermatitis (red rash around the mouth)
- thin skin, easily damaged veins, stretch marks
- ichthyosis (dry skin with fish-like scales)
- acne (pimples)
- rosacea (severe flushing or redness of the skin on the face)
- ulcers or broken skin

■ ~~itching of the anus (back passage) or genitals (sex organs).~~

Warning and precautions

Talk to your doctor/nurse/pharmacist before using Xamiol if:

- you are using other medicines that contain corticosteroids as you may get side effects
- you have used this medicine for a long time and plan to stop (as there is a risk your psoriasis will get worse or 'flare up' when steroids are stopped suddenly)
- you have diabetes mellitus (diabetes) as your blood sugar/glucose level may be affected by the steroid
- your skin becomes infected as you may need to stop your treatment
- you have a certain type of psoriasis called guttate psoriasis

~~■ you have serious liver or kidney disease.~~

Special precautions

- Avoid use on more than 30% of your body or using more than 15 grams per day
- Avoid using under a bathing cap, bandages or dressings as it increases the absorption of the steroid
- Avoid use on large areas of damaged skin, [mucous membranes](#) or [in](#) skin folds (groin, armpits, under breasts) as it increases the absorption of the steroid
- Avoid use on your face or genitals (sex organs) as they are very sensitive to steroids
- Avoid excessive sunbathing, excessive use of solarium and other forms of light treatment

Children

Xamiol® is not recommended for the use in children below the age of 18 years.

Other medicines and Xamiol

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

Pregnancy and breast-feeding

Do not use Xamiol® if you are pregnant (or might be pregnant) or if you are breast-feeding, unless you have agreed it with your doctor first. If your doctor has agreed that you can breast-feed, take care.

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

Driving and using machines

This medicine should not have any effect on your ability to drive or use machines.

Important information about some of the ingredients of Xamiol®

Xamiol® contains butylated hydroxytoluene (E321), which may cause local skin reactions (e.g. contact dermatitis) or irritation to the eyes and mucous membranes.

3. How To Use Xamiol®

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

How to put on Xamiol®: Cutaneous use. Medicine only to be used on the scalp.

Instructions for proper use

- Use only on your psoriasis on the scalp and do not use on skin which does not have psoriasis
- Washing your hair before application of Xamiol® is not necessary
- Shake the bottle before use and remove the cap
- Before applying Xamiol® to the scalp, comb the hair to remove any loose scales. Tilt your head to make sure Xamiol® does not run onto your face. It may help to part your hair before you use Xamiol®. Apply Xamiol® to the affected area with your fingertips, and rub it in gently
- Usually an amount between 1 g and 4 g per day is sufficient for treatment of the scalp (4 g corresponds to one teaspoon).
- Do not bandage, tightly cover or wrap the treated skin area
- Wash your hands well after using Xamiol®. This will avoid accidentally spreading the gel to other parts of your body (especially the face, mouth and eyes)
- Do not worry if some gel accidentally gets on normal skin near your psoriasis, but wipe it off if it spreads too far
- In order to achieve optimal effect, it is recommended that the hair is not washed immediately after application of Xamiol®. Let Xamiol® remain on the scalp during the night or during the day.
- After applying the gel, avoid contact with textiles which are easily stained by grease (e.g. silk).

Washing your hair before application of Xamiol® is not necessary.



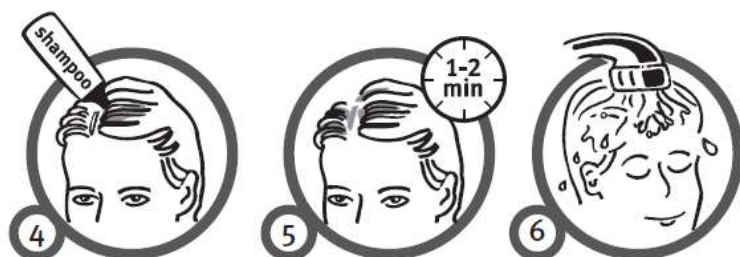
Shake bottle before use

Apply a drop of Xamiol® to fingertip.

Apply directly to scalp areas where you can feel the raised plaque and rub the Xamiol® gel on to the skin.

Depending on the affected area 1-4 g (up to 1 teaspoon) is normally enough.

In order to achieve optimal effect, it is recommended that the hair is not washed immediately after application of Xamiol®. Let Xamiol® remain on the scalp during the night or during the day. When washing hair after application the following instructions might be useful:



Apply a mild shampoo to the **dry hair**, especially to those areas where the gel was applied.

Leave the shampoo on the scalp for a couple of minutes before washing.

Wash your hair as usual.

If necessary, repeat step 4-6 once or twice.

Duration of treatment

- Use the gel once a day. It may be more convenient to use the gel in the evening
- The normal initial treatment period is 4 weeks
- Your doctor may decide on a different treatment period
- Your doctor may decide on repeated treatment.
- Do not use more than 15 grams in one day.

All the affected areas may be treated with Xamiol®. However, if you also use other calcipotriol containing medicines, the total amount of calcipotriol products must not exceed 15 grams per day and the area treated should not exceed 30% of the total body surface.

What should I expect when I use Xamiol®?

Most patients see obvious results after 2 weeks, even if the psoriasis is not yet cleared at that point.

If you have used more Xamiol® than you should

Contact your doctor if you have used more than 15 grams in one day.

Excessive ~~prolonged~~ use of Xamiol® may also cause a problem with calcium in your blood, which usually normalises when discontinuing treatment.

Your doctor may need to carry out blood tests to check that using too much gel has not caused a problem with calcium in your blood.

Excessive prolonged use can also cause your adrenal glands to stop working properly (the adrenal glands are found near the kidneys and produce hormones).

If you forget to use Xamiol®

Do not take a double dose to make up for forgotten individual doses.

If you stop using Xamiol®

The use of Xamiol® should be stopped as indicated by your doctor. It may be necessary for you to stop this medicine gradually, especially if you have used it for a long time.

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

4. Possible Side Effects

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

~~Approximately 1 in 12 people may experience side effects, but most of these are reactions at the site where the gel has been applied.~~

Serious side effects

Tell your doctor/nurse immediately or as soon as possible if any of the following happens. You may have to stop your treatment.

The following serious side effects have been reported for Xamiol®

Uncommon (~~may affect up to less than~~ 1 in 100 people)

- Worsening of your psoriasis. If your psoriasis gets worse, tell your doctor as soon as possible.

Some serious side effects are known to be caused by betamethasone (a strong steroid), one of the ingredients in Xamiol®. You should tell your doctor as soon as possible if any of the serious side effects occur. These side effects are more likely to happen after long-term use, [use in skin folds \(e.g. groin, armpits or under breasts\)](#), ~~or~~ use under occlusion [or use on large areas of skin](#). The side effects include the following:

- Your adrenal glands may stop working properly. Signs are tiredness, depression and anxiety
- Cataracts (signs are cloudy and foggy vision, difficulty seeing at night and sensitivity to light) or an increase in pressure inside ~~the~~ your eye (signs are eye pain, red eye, decreased or cloudy vision)
- Infections (because your immune system, which fights infections, may be suppressed or weakened)
- Pustular psoriasis (a red area with yellowish pustules usually on the hands or feet). If you notice this, stop using Xamiol® and tell your doctor as soon as possible.
- Impact on the metabolic control of diabetes mellitus (if you have diabetes you may experience fluctuations in the blood glucose levels).

Serious side effects known to be caused by calcipotriol

- Allergic reactions with deep swelling of the face or other parts of the body such as the hands or feet. Swelling of the mouth/throat and trouble breathing may occur. If you have an allergic reaction, stop using Xamiol®, **tell your doctor immediately or go to the casualty department at your nearest hospital**
- Treatment with this gel may cause the level of calcium in your blood or urine to increase (usually when too much gel has been used). Signs of increased calcium in blood is ~~bone pain, constipation, poor appetite, nausea and vomiting~~ [excessive secretion of urine, constipation, muscle weakness, confusion and coma](#). **This can be serious, and you should contact your doctor immediately.** However, when the treatment is stopped, the levels return to normal.

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Less serious side effects

The following less serious side effects have been reported for Xamiol®:

Common side effects (~~may affect up to less than~~ 1 in 10 people):

- Itching.

Uncommon (~~may affect up to less than~~ 1 in 100 people):

- Eye irritation
- Burning sensation of the skin
- Skin pain or irritation
- Inflammation or swelling of the hair root (folliculitis)
- Rash with inflammation of the skin (dermatitis)
- Redness of the skin due to widening of the small blood vessels (erythema)
- Acne (pimples)

- Dry skin
- Rash
- Pustular rash-
- Infection of the skin

Rare (may affect up to 1 in 1,000 people)

- Allergic reactions
- Stretch marks
- Skin exfoliation
- Rebound effect: A worsening of symptoms/psoriasis after ended treatment.

Less serious side effects caused by using betamethasone for a long time, include the following. ~~and you~~ you should tell your doctor or nurse as soon as possible if you notice any of them:

- Thinning of the skin
- Appearance of surface veins or stretch marks
- Changes in hair growth
- Red rash around the mouth (perioral dermatitis)
- Skin rash with inflammation or swelling (allergic contact dermatitis)
- ~~Small white spots~~ Golden coloured gel-filled bumps (colloid milia)
- ~~Lightening of skin colour (Depigmentation)~~ (lightening of skin colour)
- Inflammation or swelling of the hair root (folliculitis)

Less serious side effects known to be caused by calcipotriol include the following

- Dry skin
- Sensitivity of the skin to light resulting in a rash
- Eczema-
- Itching
- Skin irritation
- Burning and stinging sensation
- Redness of the skin due to widening of the small blood vessels (erythema)
- Rash
- Rash with inflammation of the skin (dermatitis)
- Worsening of psoriasis

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 HPR Pharmacovigilance, Earlsfort Terrace, IRL-Dublin 2; Tel: +353 1 6764971; Fax +353 1 6762517. Website: www.hpra.ie; E-mail: medsafety@hpra.ie. By reporting side effects you can help provide more information on the safety of this medicine. ~~(see details below). By reporting side effects you can help provide more information on the safety of this medicine. Reports may be made by following the links to the online reporting option accessible from the IMB homepage, or by completing the downloadable report form also accessible from the IMB website, which may be completed manually and submitted to the IMB via freepost, to the following address:~~

~~FREEPOST~~

~~Pharmacovigilance Section~~

~~Irish Medicines Board~~

~~Kevin O'Malley House~~

~~Earlsfort Centre~~

~~Earlsfort Terrace~~

~~Dublin 2~~

~~Tel: +353 1 6764971~~

~~Fax: +353 1 6762517~~

5. HOW TO STORE XAMIOL®

- Keep out of the reach and sight of children
- Do not use Xamiol® after the expiry date, which is stated on the bottle after EXP. The expiry date refers to the last day of that month
- Do not refrigerate. Keep the bottle in the outer carton in order to protect from light
- Discard the bottle with any remaining gel 3 months after first opening.

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 Xamiol® contains

The active substances are:

Calcipotriol and betamethasone

One gram of gel contains 50 micrograms of calcipotriol (as monohydrate) and 0.5 mg of betamethasone (as dipropionate).

The other ingredients are:

- paraffin, liquid
- polyoxypropylene-11 stearyl ether
- castor oil, hydrogenated
- butylhydroxytoluene (E321)
- all-rac- α -tocopherol

What Xamiol® looks like and the contents of the pack

Xamiol® is an almost clear, colourless to slightly off-white gel filled in high-density polyethylene bottles with a low-density polyethylene nozzle and a high-density polyethylene screw cap.

The bottles are placed in cartons.

Pack sizes: 15, 30, 60 and 2 x 60 g.

Not all pack sizes may be marketed.

Marketing Authorisation Holder and Manufacturer

The Marketing Authorisation holder is:
LEO Pharma A/S
Industriparken 55
DK-2750 Ballerup
Denmark

The manufacturers are:
LEO Pharma A/S
Industriparken 55
DK-2750 Ballerup
Denmark

LEO Laboratories Ltd. (LEO Pharma)
285 Cashel Road
Dublin 12
Ireland

For further information about this product, contact the local representative of the Marketing Authorisation Holder:

Local Representative

LEO Pharma,
Dublin 12,
Ireland.

Tel: + 353 1 4908924,

Email: medical-info.ie@leo-pharma.com

This medicinal product is authorised in the Member States of the EEA under the following names:

Xamiol®: Austria, Belgium, Cyprus, Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Iceland, Ireland, Italy, Latvia, Lithuania, Luxembourg, Malta,

Netherlands, Norway, Poland, Romania, Slovak Republic, Slovenia, Spain, Sweden, United Kingdom
Ксамиол™: Bulgaria

This leaflet was last approved in: October ~~2013~~[2014](#)

Detailed information on this medicine is available on the web site of the ~~Irish Medicines Board~~
~~www.imb.ie~~[Health Products Regulatory Authority, www.hpra.ie](http://www.hpra.ie)