

## **Patient Leaflet: Information for the user**

### **Canesten® Athlete's Foot Cream** Clotrimazole 1% 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 contact a doctor if your symptoms worsen or do not improve.

#### **WHAT IS IN THIS LEAFLET**

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

#### **1. WHAT IS CANESTEN® ATHLETE'S FOOT CREAM AND WHAT IS IT USED FOR**

Canesten Athlete's Foot Cream is used to treat athlete's foot.

If you are unsure whether you have athlete's foot, seek the advice of your doctor or pharmacist. The active substance in Canesten Athlete's Foot Cream is clotrimazole. Clotrimazole belongs to a group of medicines called imidazoles and is an antifungal agent which fights the cause of fungal skin infections.

#### **2. WHAT YOU NEED TO KNOW BEFORE YOU USE BEFORE YOU USE CANESTEN® ATHLETE'S FOOT CREAM**

##### **Do not use Canesten® Athlete's Foot Cream:**

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

##### **Canesten Athlete's Foot Cream contains cetostearyl alcohol and benzyl alcohol.**

This product contains cetostearyl alcohol which may cause local skin irritation (e.g. rash, itching or redness). This product contains 20 mg benzyl alcohol in each gram of cream. Benzyl alcohol may cause allergic reactions. Benzyl alcohol may cause mild local irritation.

##### **Pregnancy, breastfeeding and fertility:**

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 Athlete's Foot 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® ATHLETE'S FOOT CREAM**

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.
- If the feet are infected, they should be washed and dried thoroughly, especially between the toes, before applying the cream.
- Canesten Athlete's Foot Cream should be applied thinly and evenly to the affected areas two or three times daily and rubbed in gently.
- The duration of the treatment depends upon the type of infection. Generally, a minimum of two weeks is required, although up to four weeks may be necessary.
- If you have athlete's foot, it may help to use an antifungal dusting powder as well. Ask your doctor or pharmacist to recommend one.

The symptoms of skin infection, such as itching or soreness, should improve within a few days of treatment although signs such as redness and scaling may take longer to disappear. If no improvement is seen after four weeks, you must tell your doctor.

**Canesten® Athlete's Foot 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. If you accidentally get cream in your eyes or mouth, wash immediately with water and contact your doctor.

**If you forget to use Canesten® Athlete's Foot Cream:**

Apply the cream as soon as possible and then continue the rest of your treatment as usual.

**You can help the treatment to work if you follow these simple self-help tips:**

- Although the infected area will itch, try not to scratch. Scratching will damage the surface of the skin and cause the infection to spread further.
- Keep the affected skin areas clean.
- Pay particular attention to drying the skin, but avoid excessive rubbing.
- Do not share towels, bath mats, etc. with other people as you could spread the infection to them.
- Always wash your hands after treating the infection to prevent it from spreading.
- Remember to dry the skin between the toes thoroughly.
- Wash your socks, stockings and tights thoroughly in hot water to remove any shed skin or fungal spores.
- Change your footwear daily if possible.

#### **4. POSSIBLE SIDE EFFECTS**

Like all medicines, Canesten Athlete's Foot 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 start using it. If you experience an allergic reaction, stop using Canesten Athlete's Foot Cream 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:

- Irritation, burning, pain, discomfort, itching, redness, rash, swelling, blisters, peeling of skin, pins and needles.

If you experience any of the above effects, tell your doctor or pharmacist immediately.

### **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 HPRAs 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® ATHLETE'S FOOT 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 Athlete's Foot Cream after the expiry date which is stated on the carton and on the end of the tube of cream. The expiry date refers to the last day of that month.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to dispose of medicines you no longer use. These measures will help to protect the environment.

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

What Canesten® Athlete's Foot Cream contains:

- The active substance is clotrimazole. Each gram of cream contains 10mg Clotrimazole equivalent to 1% w/w.
- 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 cetostearyl alcohol and benzyl alcohol for advice.

### **What Canesten® Athlete's Foot Cream looks like and contents of the pack:**

Canesten Athlete's Foot Cream is available in tubes containing 20g and 50g of white cream. Not all pack sizes may be marketed.

### **Marketing Authorisation Holder:**

Bayer Ltd, 1st Floor, The Grange Offices, The Grange, Brewery Road, Stillorgan, Co. Dublin, A94 H2K7, Ireland

### **Manufacturer:**

GP Grenzach Produktions GmbH,  
Germany

**Remember: If you have any doubts about using Canesten® Athlete's Foot Cream correctly, seek the advice of your doctor or pharmacist.**

**Further information about fungal infections:**

Fungal infections are very common and affect many people. One of the most common fungal skin infections is athlete's foot.

Athlete's foot is caused by the tinea group of fungi, also known as dermatophytes which is easily spread by contact. The fungus that causes athlete's foot usually lives harmlessly on our skin and in our environment. The natural balance that normally keeps it under control can be upset by factors such as damp moist conditions. This could happen, for example, through regularly wearing training shoes that keep the feet hot and sweaty. Since this fungus is contagious, it can also often be picked up in changing rooms. The main symptom is an itchy, scaly and irritating rash.

This leaflet was last approved in September 2022

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