

PATIENT INFORMATION LEAFLET

Oilatum<sup>®</sup>  
Shower Gel  
70% w/w Gel  
Light liquid paraffin

Read all of this leaflet carefully because it contains important information for you.

This medicine is available without prescription. However, you still need to use Oilatum Shower Gel 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.
- If you notice any side effects, please tell your doctor or pharmacist.

In this leaflet:

1. What Oilatum Shower Gel is and what it is used for
2. Before you use Oilatum Shower Gel
3. How to use Oilatum Shower Gel
4. Possible side effects
5. How to store Oilatum Shower Gel
6. Further information

1. What Oilatum Shower Gel is and what it is used for

Oilatum Shower Gel contains a medicine called light liquid paraffin. It is used to treat itchy, irritating dry skin problems such as eczema and dermatitis.

Oilatum Shower Gel works by:

- soothing, moisturising and conditioning your skin

4. Possible side effects

Like all medicines, Oilatum Shower Gel can cause side effects, but not everybody gets them.

Rare side-effects

These may affect **up to 1 in 1,000** people.

The following side effects have been reported at the site of application:

- Redness of the skin (erythema)
- Rash
- Irritation
- Itching (pruritus)
- Allergic type reactions on contact with Oilatum Shower Gel including red, swollen, inflamed skin (dermatitis)

Some of these effects can also be symptoms of the condition you are treating. However, if you experience any of these effects for the first time after starting to use Oilatum Shower Gel, or you experience worsening of these effects **stop using Oilatum Shower Gel** and 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 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).

- stopping loss of moisture from your skin.

This makes your skin:

- soft and supple
- less rough and scaly
- less itchy and irritated.

2. Before you use Oilatum Shower Gel

Do not use Oilatum Shower Gel if:

- you are allergic to light liquid paraffin or any of the other ingredients in this medicine (listed in Section 6)
- you have greasy or oily skin.

Do not use Oilatum Shower Gel if any of the above applies to you. If you are not sure, talk to your pharmacist or doctor before using this medicine.

Pregnancy and breast feeding

**There is no information** about the safety of Oilatum Shower Gel in pregnant women.

- **Tell your doctor if you are pregnant** or planning to become pregnant.
- **If you do become pregnant during treatment** with Oilatum Shower Gel, tell your doctor.

**It is not known** whether the ingredients of Oilatum Shower Gel can pass into breast milk. **If you are breast feeding, you must check with your doctor** before you use Oilatum Shower Gel.

If you do breast feed your baby while you are using Oilatum Shower Gel, ensure that you **wash-off all traces of Oilatum Shower Gel from your breasts** before you begin breast feeding.

3. How to use Oilatum Shower Gel

If this medicine is from your doctor or pharmacist, do exactly as they have told you. Otherwise, follow the instructions below. If you do not understand the instructions or you are not sure, ask your doctor or pharmacist.

- You should use Oilatum Shower Gel every time you wash or shower.
- You can use Oilatum Shower Gel as often as you feel is necessary
- Oilatum Shower Gel is for external use only. Avoid getting this gel in your eyes or on your lips or mouth.
- You must always use Oilatum Shower Gel with water. If you are using it to cleanse your skin, you must wet your skin before applying Oilatum Shower Gel.
- You should not use soap or other shower gels at the same time as using Oilatum Shower Gel.
- Take care to avoid slipping. This gel may make your shower or bath more slippery.

For adults, adolescents and children of 2 years and over:

Gently massage a small amount of Oilatum Shower Gel onto wet skin in the shower then rinse briefly with warm water and gently pat the skin dry with a clean, soft towel. Do not rub as this will remove the Oilatum Shower Gel from your skin.

If you are applying the gel onto someone else, your hands as well as the area being treated, should be wet.

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

5. How to store Oilatum Shower Gel

- Keep out of the reach and sight of children.
- Do not store above 25°C.
- Do not use Oilatum Shower Gel after the expiry date which is stated on the end of the tube as EXP. The expiry date refers to the last day of the 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. Further information

What Oilatum Shower Gel contains

- The active ingredient is light liquid paraffin 70% w/w.
- The other ingredients are polyethylene, macrogol 400 dilaurate, macrogol ester, 2 octadodecanol, polypropyleneglycol-2-myristyl ether propionate, polyphenylmethylsiloxane copolymer and floral spice (fragrance).

What Oilatum Shower Gel looks like and contents of the pack

- Oilatum Shower Gel comes in tubes of 25 g, 30 g, 50 g, 65 g, 125 g, and 150 g.
- Oilatum Shower Gel is a non-foaming emollient gel.

Product Authorisation Holder and Manufacturer

Product Authorisation Holder:  
GlaxoSmithKline Consumer Healthcare (Ireland) Limited,  
12 Riverwalk, CityWest Business Campus, Dublin 24,  
Ireland.

Manufacturer:  
Glaxo Operations UK Ltd  
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