

UREA 10% LACTIC ACID 5%

Calmurid[®]

CREAM



PACKAGE LEAFLET: INFORMATION FOR THE USER

Calmurid Cream Urea 10% w/w Lactic Acid 5% w/w

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 Calmurid 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 any of the side effects gets serious, or if you notice any side effect not listed in this leaflet, please tell your doctor or pharmacist.

In this leaflet:

1. What Calmurid is and what it is used for
2. Before you use Calmurid
3. How to use Calmurid
4. Possible side effects
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6. Further information

1. What Calmurid is and what it is used for

- Your doctor or pharmacist has recommended this cream for use as a moisturising cream for the treatment of dry, rough, scaly skin such as eczema and similar conditions.
- The active substances in Calmurid are urea and lactic acid which act as moisturisers. This helps make your skin soft and supple.

2. Before you use Calmurid

Do not use Calmurid if you are:

- Allergic (hypersensitive) to urea or lactic acid or any of the other ingredients of Calmurid (see section 6 for other ingredients).

Take special care with Calmurid

- Avoid contact with the eyes, eyelids, lips and other mucous surfaces. Upon accidental contact, rinse the affected area with clean water.
- Calmurid may cause stinging if applied to damaged skin (raw cracked areas or cracked skin) or sensitive areas of the body such as the mouth or nostrils.

Using other medicines

- This cream might affect other medicines that you apply to your skin. Tell your doctor or pharmacist if you are using other medicines in this way.

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

Pregnancy and breast-feeding

You should not use Calmurid and tell your doctor if you are pregnant, planning to become pregnant or are breast-feeding. Your doctor will then decide whether you should use Calmurid.

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

Please read the back of this leaflet

3. How to use Calmurid

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

- Calmurid Cream is for EXTERNAL USE ONLY.
- First gently wash and dry the affected areas of your skin.
- Apply a thick layer over the affected areas. Do not rub it in yet.
- Leave it on your skin for 3 to 5 minutes, then rub it in gently.
- Wipe off any excess cream with a tissue (do not wash it off).
- The cream should be used in this way twice a day, or as advised by your doctor.
- If you need to use Calmurid on your feet, soak them in water for 15 minutes and then dry them with a rough towel before use.
- How long you will have to use this product will depend on how quickly your condition improves. Always seek the advice of your doctor or pharmacist.

If you use more Calmurid than you should or accidentally swallow any of the cream

If you use too much Calmurid and stinging occurs, wash the cream off with water.

In the rare event that you accidentally swallow any of this product, seek medical advice.

If you forget to use Calmurid

Do not worry if you forget to use your cream at the right time. When you remember, start using the product again as you did before.

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

4. Possible side effects

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

Effects on the skin

- Calmurid may cause stinging if applied to raw areas or cracks in the skin or the lips.
- Keep Calmurid away from other sensitive areas of your body.
- If stinging occurs, wash the cream off with water.
- Should stinging be a problem, you can mix it with an equal amount of Aqueous Cream BP (ask your pharmacist for this) for a week, after which it would be alright to use the cream on its own again, but you must consult your doctor or pharmacist first.

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.

5. How to store Calmurid

- Keep out of the reach and sight of children.
- Do not use Calmurid after the expiry date which is stated on the tube and carton. The expiry date refers to the last day of that month.
- Store at room temperature (below 25°C). Keep in the original container. Do not refrigerate or freeze.

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 Calmurid contains

- Calmurid contains the active substances urea (10% w/w) and lactic acid (5% w/w).
- The other ingredients are glyceryl monostearate, betaine monohydrate, diethanolamine cetyl phosphate, hard fat, cholesterol, sodium chloride and purified water.

What Calmurid looks like and contents of the pack

Calmurid is a white cream. It is available in 15 g, 20 g, 30 g, 50g and 100 g tubes and in 400 g and 500 g pump dispensers, either on prescription from your doctor or indirectly from your pharmacist.

Not all sizes of the tube may be marketed.

Marketing Authorisation Holder and Manufacturer

Marketing Authorisation Holder: Galderma (UK) Limited, Meridien House, 69-71 Clarendon Road, Watford, Herts, WD17 1DS, UK.

Manufacturer: Laboratoires Galderma, ZI-Montdésir, 74540 Alby-sur-Chéran, France.

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