



### **HOW DO YOU KNOW THAT YOU HAVE ONE OF THE ABOVE PROBLEMS?**

**Athlete's foot (tinea pedis):** Athlete's foot appears only on the feet (usually both, but not always), where it often appears in between the toes. It can also appear on the instep, soles, or other areas of the feet. The most common type of athlete's foot causes cracking or scaling of the skin, but you may also have mild swelling, blisters, or weeping ulcers.

**Dhobie itch (tinea cruris):** Dhobie itch appears in the groin and inner thigh area, usually on both sides but often with one side more than the other, where it can be spread further between the legs to the buttocks, or up towards the stomach. Dhobie itch looks like a clearly bordered rash, which may have blisters.

**IF YOU ARE NOT SURE ABOUT THE CAUSE OF YOUR INFECTION, PLEASE TALK TO YOUR PHARMACIST OR DOCTOR BEFORE USING THE CREAM AND THEY WILL ADVISE YOU.**

### **BEFORE USING THIS MEDICINE**

Read the following information before you use

#### **LAMISIL AT 1% CREAM.**

Do not use **LAMISIL AT 1% CREAM** if you have had an allergic reaction to Lamisil (terbinafine) or any of the ingredients in the cream.

If you are pregnant or breast-feeding.

If you are pregnant ask your doctor before using this medicine. Do not use if you are breast-feeding.

**LAMISIL AT 1% CREAM** and children.

**LAMISIL AT 1% CREAM** is not recommended for children under 16 years of age.

### **HOW SHOULD YOU USE THIS MEDICINE?**

**LAMISIL AT 1% CREAM** is for external use only.

Do not put it in the mouth or swallow the cream.

Keep the cream away from your eyes.

- Clean and dry the area to be treated, and your hands.
- Open the tube and place a small amount of cream on your finger.

- Replace the cap on the tube.
- Apply just enough cream to put a thin layer of cream on the affected skin and the skin just surrounding it.
- Rub in gently.
- Wash your hands.

When used between the toes or buttocks, or on the groin, the treated area may be covered with a gauze strip, especially at night. If you do use gauze, use a fresh, clean gauze strip each time.

### **WHEN TO USE LAMISIL AT 1% CREAM?**

For the treatment of athlete's foot: **LAMISIL AT 1% CREAM** should be applied to the affected areas once or twice a day, for one week.

For the treatment of dhobie itch: **LAMISIL AT 1% CREAM** should be applied to the affected areas once or twice a day, for one to two weeks.

Do not stop using the cream before the recommended time as this may allow the infection to return or reduce the successful cure rate.

**LAMISIL AT 1% CREAM** should start to improve your skin condition in a few days, although full skin healing after the infection has cleared will take longer, up to 4 weeks, because of damage caused during infection.

**LAMISIL AT 1% CREAM** will continue to work even after you have stopped using it at the end of the treatment period.

Even though you will not be using the cream, improvement should continue.

If you have not noticed any signs of improvement within 2 weeks of starting treatment, please see your doctor who will advise you.

### **TO HELP WITH TREATMENT**

Treatment can be helped by keeping the affected areas clean by regular washing, and careful drying without rubbing. Scratching the area, although it may be itchy,

### **LAMISIL AT 1% CREAM**

Fungal infections of the skin are common, and can cause real discomfort. **LAMISIL AT 1% CREAM** has been developed to treat the fungal infections described below, provided you follow the instructions in this leaflet carefully.

*Please read this leaflet carefully, and keep it until you have finished your medicine. If you need any other advice please ask your doctor or pharmacist.*

### **WHAT IS LAMISIL AT 1% CREAM?**

**LAMISIL AT 1% CREAM** is a white, smooth, glossy cream containing 1.0% by weight of the active ingredient terbinafine hydrochloride.

The cream also contains: sodium hydroxide, benzyl alcohol, sorbitan stearate, cetyl palmitate, cetyl alcohol, stearyl alcohol, polysorbate 60, isopropyl myristate, and purified water.

The cream is provided in a tube containing 7.5 g or 15 g.

Product licence / authorisation holder:

Novartis Consumer Health, Horsham, RH12 5AB, UK

Manufacturer:

Novartis Consumer Health SA  
CH-1260 Nyon, Switzerland

Released onto the market by the PL holder.

### **WHAT IS THIS MEDICINE FOR?**

Terbinafine hydrochloride is an antifungal, and works by killing the fungi causing your skin problem. **LAMISIL AT 1% CREAM** is used to treat the skin problems caused by fungi in athlete's foot (tinea pedis) and dhobie itch/jock itch (tinea cruris).

could cause further damage and slow the healing process or spread the infection.

Because these infections can be passed on to other people, it is helpful to keep your own towel and clothes, which are not shared by others. To protect yourself from re-infection, these should be washed frequently.

#### **WHAT IF YOU ACCIDENTALLY SWALLOW THE CREAM?**

If you or someone else swallow **LAMISIL AT 1% CREAM**, please tell your doctor who will advise you.

#### **WHAT IF THE CREAM GETS INTO YOUR EYES?**

If the cream gets into your eyes, wipe the cream from around your eye and rinse the eye well, with clean water. Tell your doctor immediately.

#### **WHAT IF YOU FORGET TO USE THE CREAM?**

If you forget an application of the cream, use the cream as soon as possible and then carry on as normal. If you only remember at the time of the next application, just apply that application and then carry on as normal. It is important to try to use the cream at the correct times as missing applications could risk the infection returning.

#### **ARE THERE ANY SIDE EFFECTS?**

All medicines can cause problems in some people, and it is important to note the following:

**LAMISIL AT 1% CREAM** can occasionally cause redness, stinging or itching after use. These effects are harmless and usually you can continue with the treatment.

In rare instances, people may be allergic to **LAMISIL AT 1% CREAM** which could cause swelling and pain, blistering, skin rash, hives or a worsening of itch.

If you experience any of these particular symptoms, stop using the cream and tell your doctor or pharmacist immediately.

If you notice any unusual effects after using the cream, it is important that you tell your doctor or pharmacist.

#### **STORING YOUR MEDICINE**

**Keep out of the reach and sight of children.**

Keep the tube closed and in the carton.

Do not use or keep this medicine after the Use-By (EXP) date shown on the box and on the tube.

#### **LEAFLET PREPARED**

February 2007