

Medicine Name (phonetic spelling if required)

Generic name

Consumer Medicine Information

Name

Address

Address

What is in this leaflet¹

Standard information as suggested in Usability Guidelines

This leaflet answers some common questions about Medicine Name. It does not contain all the available information.

It does not use the place of talking to your doctor (or pharmacist).

All medicines have risks and benefits². Your doctor or pharmacist has weighed the risks of you using Medicine Name against the benefits they expect it will have for you.

Alternative:

Your doctor or pharmacist has weighed the risks of you using Medicine Name against the benefits this medicine/it is expected to have for you.

If you have any concerns about this medicine, ask your doctor or pharmacist.

Keep this leaflet with your medicine. You may need to read it again.

¹ Depending on the length of your CMI, consider using a table of contents (see Usability Guidelines)

² Consider reversing 'risks' and 'benefits'

What Medicine Name is used for

Medicine Name is a type of cortisone and belongs to the group of medicines called corticosteroids.

Medicine Name is used on the skin to relieve the redness, swelling, itching and discomfort of many skin problems such as:

- psoriasis (a stubborn skin disorder with raised, rough, reddened areas covered with dry, fine silvery scales)
- eczema (an often itchy skin condition with redness, swelling, oozing of fluid, crusting which may lead to scaling)
- other types of dermatitis
- as per PI

Non-approved uses:

Your doctor or pharmacist may have prescribed or recommended Medicine Name for another purpose. Ask your doctor or pharmacist if you have any questions about why Medicine Name has been prescribed or recommended for you.

Statement about addictive properties:

Medicine Name is not addictive.

or

There is no evidence that Medicine Name is addictive

If applicable:

This medicine is available only with a doctor's prescription.

Before you use Medicine Name

When you must not use it

Do not use Medicine Name if:

1. **you have an allergy to:**
 - Medicine Name or any of the ingredients in Medicine Name listed at the end of this leaflet
 - other substances as per PI
2. **you have a viral skin infection (such as cold sores, shingles or chicken pox)**
3. **a fungal skin infection (such as thrush, tinea or ringworm)**

Others, as per PI

Ask your doctor or pharmacist to be sure you do not have any of these conditions.

Do not use Medicine Name just before having a bath, shower or going swimming.

If you do, you may reduce the effectiveness of Medicine Name.

Tampering and expiry date warnings:

Do not use Medicine Name if the packaging is torn or shows signs of tampering.

Do not use Medicine Name if the expiry date (EXP) printed on the pack has passed.

If you use this medicine after the expiry date has passed, it may not work (as well).

If you are not sure whether you should start taking Medicine Name, contact your doctor.

If use in children a contraindication:

Do not give Medicine Name to a child under x years.

The safety and effectiveness of Medicine Name in children have not been established.

Before you start to use it

Tell your doctor if:

1. **if you have any allergies to any other medicines or any other substances, such as foods, preservatives or dyes.**

Pregnancy and breast-feeding:

2. **if you are pregnant or intend to become pregnant**

Your doctor will discuss the risks and benefits of using Medicine Name when pregnant.

3. **if you are breast-feeding or intend to breast-feed**

Your doctor will discuss the risks and benefits of using Medicine Name when breast-feeding.

Do not apply Medicine Name to the breasts before breast feeding.

4. **you have or have had any other medical conditions, including:**

- *as per PI*

If you have not told your doctor about any of the above, tell them before you use any Medicine Name.

Using other medicines

Tell your doctor or pharmacist if you are using other creams, ointments or lotions or taking any medicine. This includes any that you buy without a prescription from a pharmacy, supermarket or health food shop.

Some medicines may interfere with Medicine Name. These include:

- *list as per PI*

These medicines may be affected by Medicine Name, or may affect how well it works. You may need to use different amounts of your medicine, or you may need to use different medicines. Your doctor will advise you.

Your doctor and pharmacist may have more information on medicines to be careful with or avoid while taking Medicine Name.

Alternative:

Some medicines may affect the way others work. Your doctor or pharmacist will be able to tell you what to do when taking/using Medicine Name with other medicines.

How to use Medicine Name

This information will be product specific, consistent with the approved PI. The following order of information is suggested, but will depend upon the particular product and the amount of information. These subheadings and information are suggested but may not be necessary in all cases.

How much to use

Include dosage ranges, usual doses for each indication or patient group, or a general statement that the dose will depend on the patient and will be determined by the doctor.

Follow all directions given to you by your doctor and pharmacist carefully.

They/These directions may differ from the information contained in this leaflet.

If you do not understand the instructions on the box/bottle, ask your doctor or pharmacist for help.

How to use it

Include how to apply, rub, massage etc and frequency of application as per PI.

It is important to use Medicine Name exactly as your doctor or pharmacist has told you. If you use it less often than you should, it may not work as well and your skin problem may not improve. Using it more often than you should may not improve your skin problem any faster and may cause or increase side effects.

Use Medicine Name at the same time every day.

How long to use it

Your doctor or pharmacist will tell you how long to use Medicine Name.

Do not use Medicine Name for longer than your doctor tells you.

If you use Medicine Name for longer than your doctor or pharmacist tells you, the chance of side effects may increase.

If you are not sure how long to use Medicine Name, talk to your doctor or pharmacist.

If you forget to take/use it
As per Usability Guidelines

If it is almost time for your next dose, skip the dose you missed and use your next dose when you are meant to. Otherwise, use it as soon as you remember, and then go back to using your medicine as you would normally³.

Do not use a double dose to make up for the dose that you missed.

If you have trouble remembering to use your medicine, ask your pharmacist for some hints.

If you swallow it

³ *These two sentences are in reverse order from that recommended in the Usability Guidelines.*

Immediately telephone your doctor or Poisons Information Centre (telephone 13 11 26)⁴, or go to casualty at your nearest hospital, if you think that you or anyone else may have swallowed Medicine Name. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention⁵. Keep these telephone numbers handy.

If you swallow Medicine Name, you may feel (*list symptoms in PI*)

While you are using Medicine Name

Things you must do

Tell all doctors and pharmacists who are treating you that you are using Medicine Name.

If you feel that Medicine Name is not helping your condition, tell your doctor (or pharmacist).

Tell your doctor if, for any reason, you have not used Medicine Name exactly as prescribed.

Otherwise, your doctor may think that it was not effective and change your treatment unnecessarily.

If you become pregnant while using Medicine Name, tell your doctor.

Things you must not do

Do not use Medicine Name under dressings or on large areas of skin unless your doctor tells you.

Do not use Medicine Name in or near the eyes.

Do not give Medicine Name to anyone else, even if they have the same symptoms as yours. Do not use Medicine Name to treat other complaints unless

your doctor *or pharmacist* tells you to.

Things to be careful of

Do not use large amounts of Medicine Name for a long time. If you use large amounts for a long time, the chance of absorption through the skin and the chance of side effects increases.

Ask your doctor *or pharmacist* if you are concerned about the length of time you have been using Medicine Name.

Do not use Medicine Name on skin areas that rub together such as under the arm or in the groin area unless your doctor tells you to.

Side effects

Tell your doctor *or pharmacist* if you do not feel well while you are using Medicine Name.

Medicine Name helps most people with skin problems but it may have unwanted side effects in a few people.

All medicines can have side effects. Sometimes they are serious, most of the time they are not. You may need medical treatment if you get some of the side effects.

Alternative:

Check with your doctor *or pharmacist* as soon as possible if you have any problems while taking Medicine Name, even if you do not think the problems are connected with the medicine or are not listed in this leaflet.

Like other medicines, Medicine Name can cause some side effects. If they occur, most are likely to be minor and temporary. However, some may be serious and need medical attention.

Ask your doctor or pharmacist to answer any questions you may have.

Tell your doctor if you notice any of the following and they worry you:

- *list as per PI*

These side effects are usually mild.

or

These are the more common side effects of Medicine Name.

Tell your doctor immediately if you notice any of the following:

- *list as per PI*

These are serious side effects. You may need urgent medical attention. Serious side effects are rare.

If any of the following happen, stop taking Medicine Name and tell your doctor immediately or go to casualty at your nearest hospital:

- *list as per PI*

These are very serious side effects. You may need urgent medical attention or hospitalisation. These side effects are rare.

Other side effects not listed above may also occur in some patients. Tell your doctor if you notice anything else that is making you feel unwell.

or

Some people may get other side effects while taking/using Medicine Name.

Ask your doctor or pharmacist if you don't understand anything in this list.

Do not be alarmed by this list of possible side effects. You may not experience any of them.

After using Medicine Name

⁴ Consider including the relevant New Zealand telephone numbers here.

⁵ The reference to casualty and urgent medical attention could be left out, depending on the type of product.

This information will be product specific. See general statements in Usability Guidelines, including:

Storage

Keep Medicine Name in a cool dry place where the temperature stays below xx°C. Do not store Medicine Name or any other medicine in the bathroom or near a sink. Do not store it in the car or on window sills.

Heat and dampness can destroy some medicines.

Do not refrigerate Medicine Name. *(if applicable)*

Keep Medicine Name where young children cannot reach it.

A locked cupboard at least one-and-a-half metres above the ground is a good place to store medicines.

Disposal

If your doctor tells you to stop using Medicine Name or it has passed its expiry date, ask your pharmacist what to do with any that is left over.

Product description

This information will be product specific. The Usability Guidelines suggest the information should be presented in the following order:

What it looks like

Ingredients

Where Australian Food Standard codes exist, these could follow each Australian Approved name.

Manufacturer / Distributor / Supplier

Include:

- *Name and address of sponsor*
- *ARTG number*
- *Date of preparation*

The statements in this core document are optional. Some may not be

appropriate for a given product. In order to achieve consistency, however, CMI writers are encouraged to use these statements and follow the Usability Guidelines wherever possible.