Please read this leaflet carefully before you start to use Hydrocortisone Cream 1%. Don't throw this leaflet away. You might want to read it again while you are using this medicine.

This leaflet has been prepared to help you use this medicine correctly. However, this leaflet does not tell you everything about your medicine. If you have any questions, please ask your doctor or pharmacist.

What is in your Hydrocortisone Cream 1%?
Hydrocortisone Cream 1% is a smooth white cream. It is available in 15g tubes. It contains 1% w/w Hydrocortisone BP and also the inactive ingredients Cetomacrogol Emulsifying Wax, Liquid Paraffin, Macrogol 300, White Soft Paraffin, Purified Water and the preservative Chlorocresol.
Hydrocortisone is one of a group of medicines called topical steroids, which have an anti-inflammatory effect on the skin. It works by reducing the amount of some chemicals in your skin (such as histamine and prostaglandins) which cause irritation. It should not be confused with anabolic steroids, misused by some body builders and taken as tablets or injections.

Who Makes Your Medicine?
Product Licence Holder and Manufacturer:
Pinewood Laboratories Ltd., Ballymacarbry, Clonmel, Co. Tipperary, Ireland.

What is Your Medicine Used For?
Hydrocortisone has an anti-inflammatory effect on the skin. It can be used to treat irritant dermatitis, contact allergic dermatitis, insect bite reactions and mild to moderate eczema.

Before you use your medicine
Do not use this medicine:
• if you have ever used Hydrocortisone Cream 1% or any other topical steroids before and had a bad reaction to them.
• or if you are hypersensitive (have had a reaction) to any of the ingredients in the Hydrocortisone Cream 1%.

Do not apply this cream to an area of the skin infected with any skin infections such as cold sores (herpes simplex), impetigo, athlete's foot, chicken pox, ringworm or thrush.

If any of these apply to you, do not start to use the cream, go back and discuss it with your doctor.

If you are pregnant, planning a family or breast-feeding, speak to your doctor before using the cream.
Do not use on the eyes, face, ano-genital region or on open wounds such as cuts or scrapes.
This product is not recommended for use on children under 10 years of age without medical supervision.

Helpful Advice when using Hydrocortisone Cream 1%
• Do not use under an impenetrable dressing.
• Overuse may thin the skin so that it damages easily and some of the active ingredient may pass through the skin and affect other parts of the body.
• If you find your condition gets worse during treatment, you may be allergic to the cream or have a skin infection. Therefore, stop using the cream and seek your doctor's advice.
• Do not use for more than one week (7 days).
How to use Hydrocortisone Cream 1%
For external use only. Use sparingly over a small area once/twice a day for a maximum period of one week. This product should not be recommended for use on children under 10 years of age without medical supervision. If you have any questions ask your doctor or pharmacist for more information.

- Read the medicine label each time before using your cream.
- Wash your hands before applying the cream.
- Gently rub in a thin layer of cream until it has disappeared.
- Wash your hands again after using the cream unless you are using it to treat the hands.
- Don't worry if you forget to use your Hydrocortisone skin cream at the right time. When you can, start using the product again as directed. Do not apply extra doses, or more cream, to make up for missed doses.
- If you have accidentally used too much cream, simply wipe off any excess, and return to using it as directed straight away.

If the condition has not improved or worsened, consult your doctor.

After using Hydrocortisone Cream 1%
Like many medicines, Hydrocortisone Cream 1% may occasionally cause some unwanted effects. Most people using this medicine find it causes them no problems. However:

- If you experience sensitivity or irritation while using Hydrocortisone Cream 1%.
- If striae (stretch marks) develop.

STOP USING THE CREAM AND TELL YOUR DOCTOR AS SOON AS POSSIBLE IF ANY OF THESE OCCURRED.

- If you experience any other side effects that trouble you, tell your doctor or pharmacist as soon as possible.
- In the rare event that Hydrocortisone Cream 1% is accidentally swallowed, you should seek immediate medical advice.

Further Information

- Check the use before date shown on the tube or carton at the time of receipt. Do not use if out of date.
- Keep your Hydrocortisone Cream 1% in a safe place where children cannot see or reach it. Your medicine could harm them.
- Do not store above 25°C.

Please keep this leaflet safe while you are using this medicine as you may want to read it again. Further information is available from your doctor or pharmacist.

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