

H-CORT CREAM

Hydrocortisone (1% w/w)

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This leaflet answers some common questions about H-Cort Cream. It does not contain all the available information. It does not take the place of talking to your pharmacist or doctor.

All medicines have risks and benefits. Your pharmacist or doctor has weighed the risks of you taking H-Cort Cream against the benefits they expect it will have for you.

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

What H-Cort Cream is used for

H-Cort Cream is used to suppress skin disease in which inflammation is the prominent feature. These skin problems include eczema, infantile eczema, atopic dermatitis, dermatitis herpetiformis, contact dermatitis, neurodermatitis, psoriasis and intertrigo.

How H-Cort Cream works

H-Cort Cream contains a medicine called hydrocortisone. It belongs to a group of medicines called steroids. It has anti-inflammatory, anti-itching and blood vessel narrowing actions.

Ask your pharmacist or doctor if you have any questions about this medicine.

Before you use H-Cort Cream

- When you must not use it

Do not use H-Cort Cream if you are allergic (hypersensitive) to hydrocortisone, other corticosteroids, or any of the other ingredients in this medicine.

- Before you start to use it

Tell your pharmacist or doctor:

- If you are applying the cream under an airtight dressing, including a child's nappy. These dressings make it easier for the active ingredient to pass through the skin. It is possible to accidentally end up using too much cream.

Pregnancy and breast feeding:

- Ask your doctor or pharmacist for advice before using this medicine if you are pregnant or breast-feeding. It should not be used extensively on pregnant woman in large amounts or for prolonged periods of time. Caution should be exercised when used to nursing mothers.

H-Cort Cream contains chlorocresol which may cause allergic reactions.

- Taking other medicines

Tell your doctor about all the other medicines and skin products you use, including prescription and non-prescription medicines, vitamins, herbal supplements, and cosmetics. There is no kind of medicine interactions with H-Cort Cream has been reported.

How to use H-Cort Cream

- How much to use

Apply a thin film of H-Cort Cream to the affected area 1 to 4 times a

day as directed by your doctor and pharmacist.

Occlusive dressings may be used for the management of psoriasis or recalcitrant conditions.

You should check with your doctor or pharmacist if you are not sure.

- When to use it

You should check with your doctor or pharmacist if you are not sure.

- How long to use it

Depending on the seriousness of the condition. Consult with your doctor if your symptoms do not improve after treatment.

- If you forget to use it

If you forget to use your cream at the right time, use it as soon as you remember, then carry on as before.

- If you use too much (overdose)

If you use too much of this medicine, consult your doctor or pharmacist. Bring any remaining medicine with you.

While you are using H-Cort Cream

- Things you must do

If you are about to start taking on any other new medicine, tell your pharmacist or doctor that you are taking H-Cort Cream.

Contact your doctor if you experience blurred vision or other visual disturbances.

- Things you must not do

- Do not take more than the recommended dose unless your doctor tells you to.
- Not suitable for eye use.

- Things to be careful of

Discontinue use if irritation or sensitivity reaction develops. Corticosteroids applied to the skin can be adsorbed in sufficient amounts to produce systemic effects such as suppression of hypothalamus, pituitary and adrenal gland activity, manifestation of Cushing syndrome (excess level of hormone cortisol), high blood sugar and excess of sugar in the urine. Thus suitable precautions should be taken during prolonged treatment, when treating extensive body surface areas, when using the occlusive technique and when treating children (because of a larger skin surface area to bodyweight ratio).

Side effects

Like all medicines, H-Cort Cream can cause side effects, although not everybody gets them.

Reported adverse reactions are burning sensation, itching, irritation, dryness, infection in the hair follicles, abnormal amount of hair growth over the body, diseases of skin that resemble acne, loss of skin colour, softening and breaking down of skin, secondary infection, upper layers of skin get thin, stretch marks, sweat rash and blurred vision.

If you get any side effects, even those not mentioned in this leaflet, tell your doctor or pharmacist.

You may report any side effects or adverse drug reactions directly to the National Centre for Adverse Drug Reaction Monitoring by visiting the website npra.gov.my [Consumers → Reporting Side Effects to Medicines (ConSERF) or Vaccines (AEFI)].

Storage and Disposal of H-Cort Cream

- Storage

Store below 30°C. Keep in a cool dry place, protected from light. Keep out of reach of children.

- Disposal

Dispose the medicine after the expiry date.

Consult your pharmacist on how to safely dispose of any medicines no longer required.

Product description

- What it looks like

H-Cort Cream is a white cream. It is available in tubes containing 15g.

- Ingredients

Active ingredient:
Hydrocortisone 1 % w/w.

Inactive ingredients:
Chlorocresol, Macrogol
Cetostearyl Ether [Cetomacrogol 1000], Propylene Glycol, Liquid Paraffin, White Soft Paraffin, Cetostearyl Alcohol and Purified Water.

- MAL number:
MAL19870471AZ

Manufacturer and Product Registration Holder

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