SELFIDE LOTION

Selenium Sulphide (2.5% w/v)

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What Selfide Lotion is used for

Selfide Lotion is for treatment of seborrheic dermatitis (a greasy, crusting, itching scalp caused by excess oil), tinea versicolor (fungal infection of the skin characterized by small, discoloured patches), dandruff and as adjunct in the treatment of tinea capitis (superficial fungal infection of the skin of the scalp, eyebrows and eyelashes, with a prosperity for attacking hair shafts and follicles).

How Selfide Lotion works

It works by reducing greasiness of the scalp and by slowing down growth of the layer of skin cells on the scalp that cause dandruff.

Besides that, it has antifungal activity which works by slowing down the growth of fungus that caused the symptoms.

Before you use Selfide Lotion

- *When you must not use it*

Do not use Selfide Lotion if you:

• Are sensitive to selenium sulphide or any other ingredients in this preparation.

If you are not sure whether you should use this solution, consult your doctor.

Pregnancy and breastfeeding

Do not take Selfide Lotion for treatment of tinea versicolor in pregnant women.

Do not take Selfide Lotion if you are breast-feeding. Ask your doctor or pharmacist for advice before taking any medicine.

- *Before you start to use it*

• Do not swallow and avoid contact with eyes.
• Keep out of reach of children.
• Do not use on broken or inflamed skin.
• Skin irritation or discoloration of hair may occur and can be minimized or avoided by rinsing thoroughly. If skin irritation persists, discontinue use.
• Avoid use 48 hours before or after permanent waving, tinting or bleaching.
• Avoid contact with jewellery.

- *Taking other medicines*

Inform your doctor or pharmacist if you are taking or have recently taken any other medicines, including medicines obtained without a prescription.

How to use Selfide Lotion

- *How much to use*

• SCALP TREATMENT – Apply Selfide Lotion to wet hair, lather and leave on scalp for 3 minutes. Rinse. Repeat treatment then rinse thoroughly in running water. Use twice weekly at first, then as necessary or as doctor directs.

• SKIN TREATMENT – Apply undiluted lotion to affected areas for 10 minutes. Rinse thoroughly. Repeat daily for 1 week or as doctor directs.

- *When to use it*

Use as directed by your doctor or pharmacist.

- *How long to use it*

For scalp treatment, use twice weekly at first then as necessary or as doctor directs.

For skin treatment, repeat daily for 1 week or as doctor directs.

- *If you forget to use it*

If you missed one application, continue to apply as you would normally. There is no need to increase the frequency or volume of application to make up for the missed application.

- *If you use too much (overdose)*

As Selfide Lotion is a topical preparation, overdosage is not expected under normal use. However, selenium sulphide is highly toxic when ingested. If you or anyone else accidentally swallowed Selfide Lotion you should immediately go to your nearest hospital emergency department or tell your doctor. Do this even if there are no signs of discomfort or poisoning. Take the carton or bottle with you.

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

While you are using it

- *Things you must do*

• Shake bottle well. Apply and rinse thoroughly.
• Take Selfide exactly as your doctor has told you.
• Inform your doctor or pharmacist if you are using other preparation for the same condition.
• Tell all the doctors, dentists and pharmacists treating you that you are taking Selfide.
• Tell your doctor immediately if you become pregnant while taking this medication.

- *Things you must not do*

• Do not use Selfide Lotion to treat any other conditions unless your doctor tell you to.
• Do not stop taking the medicine unless advised by your doctor.
• Do not take any new medicines without consulting your doctor or pharmacist.
• Do not give Selfide Lotion to anyone else, even if they have the same symptoms or condition as you.

- *Things to be careful of*

• Avoid contact with the eyes:
Irritation (e.g. stinging) may occur if selenium sulphide comes into contact with the eyes, rinse thoroughly with water.
• Rinse thoroughly: treated areas should be rinsed thoroughly, following application to minimise irritation, especially in the skin folds/genital area.
• Remove jewellery before using since selenium sulphide may damage it.

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

Side effects may include:
• Hypersensitivity
• Rash
• Urticarial
• Irritation
• Blistering
• Alopecia
• Hair discolouration
• Seborrhoea (oiliness of hair and scalp)

Tell your doctor or pharmacist immediately if you notice the side effect continues or getting serious or anything else that make you feel unwell. Other side effects not listed above may also occur in some people.

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 *Selfide Lotion*
Storage
Store in a cool, dry place below 30°C.
Keep out of the reach and sight of children.

- *Disposal*
Do not use Selfide Lotion after the expiry date which is stated on the carton or bottle.

If your doctors tell you to stop taking Selfide or the expiry date has passed, ask your pharmacist the proper way to dispose the remaining medicine.

Product Description
- *What it looks like*
Selfide Lotion is a reddish-brown suspension packed in bottles of 60ml or 120ml.

- *Ingredients*
  - Active ingredient

Each ml contains 2.5mg of selenium sulphide.

  - Inactive ingredients

Texapon 103 L, comperan LD, cutina AGS, colour perfume zalibra 6888, sodium chloride, sodium dihydrogen phosphate, cetiol HE, dehyton K, citric acid, bentonite, bronidox L, titanium dioxide, purified water.

- *MAL Number*
MAL19930491AZ

Manufacturer
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