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PATIENT INFORMATION LEAFLET
NUMARK BITES & STINGS RELIEF 1% W/W CREAM
1% Hydrocortisone BP

Read all of this leaflet because it contains important information for you.
This medicine is available without a prescription. However you still need to use this product carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- You must contact a doctor if your symptoms worsen or do not improve after 3 days.
- If any of the side effects gets serious or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

In this leaflet:

1. What Numark Bites & Stings Relief 1% w/w Cream is and what it is used for
2. Before you use Numark Bites & Stings Relief 1% w/w Cream
3. How to use Numark Bites & Stings Relief 1% w/w Cream
4. Possible side effects
5. How to store Numark Bites & Stings Relief 1% w/w Cream
6. Further information

1. WHAT NUMARK BITES & STINGS RELIEF 1% W/W CREAM IS AND WHAT IT IS USED FOR

Numark Bites & Stings Relief 1% w/w Cream is a smooth white cream for application to the skin only. It contains hydrocortisone which belongs to a group of medicines called corticosteroids. Numark Bites & Stings Relief 1% w/w Cream is used to treat insect bite and sting reactions.

Hydrocortisone should not be confused with anabolic steroids, used by some body builders and taken as tablets or injections.

2. BEFORE YOU USE NUMARK BITES & STINGS RELIEF 1% W/W CREAM

Do not use Numark Bites & Stings Relief 1% w/w Cream:

- if you are allergic to hydrocortisone or to any of the other ingredients of Numark Bites & Stings Relief 1% w/w Cream (see Section 6 and end of Section 2)
- if you have a bacterial infection (e.g. impetigo), viral infection (e.g. cold sores, herpes simplex, chicken pox) or fungal infection (e.g. tinea, also called 'athlete's foot', ringworm or thrush) of the skin
- on your face or near your eyes, on your anal or genital region, or on broken skin including acne
- for bites and stings which are not from insects or for other skin conditions

Take special care with Numark Bites & Stings Relief 1% w/w Cream

Numark Bites & Stings Relief 1% w/w Cream is **not** suitable for use in the following:

- allergic skin reactions including temporary red or raised areas on your skin (short lived 'wheal and flare' reactions)
- conditions involving the deeper skin layers, such as granulomas
- psoriasis (long term scaly skin condition); only use this product on medical advice and with careful supervision by your doctor

Do not cover the area with a plaster or dressing of any kind after application of Numark Bites and Stings Relief 1% w/w Cream.

Taking other medicines

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

Pregnancy and breast-feeding

As with all medicines, ask your doctor for advice before using Numark Bites & Stings Relief 1% w/w Cream if you are pregnant or breast feeding.

Important information about some of the ingredients

Numark Bites & Stings Relief 1% w/w Cream contains:

- **chlorocresol** may cause allergic reactions
- **cetomacrogol emulsifying wax** contains cetostearyl alcohol which may cause local skin reactions (e.g. contact dermatitis)

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3. HOW TO USE NUMARK BITES & STINGS RELIEF 1% W/W CREAM

FOR EXTERNAL USE ONLY

Always use Numark Bites & Stings Relief 1% w/w Cream exactly as instructed in this leaflet. If you are unsure, ask your doctor or pharmacist.

Do not exceed the stated dose.

Not for use by children under 10 years of age without medical advice.

For adults and children aged 10 years and over, apply to the **surface of the skin** only.

1. Wash your hands thoroughly before use.
2. Apply the cream sparingly to a small area, once or twice a day for a **maximum of 2-3 days**. Massage the cream gently into the affected area to help absorption into the skin.
3. Once applied, **do not cover** the area with a dressing or plaster.

If the condition has not improved after 2-3 days, or worsens, consult your doctor.

If you use more Numark Bites & Stings Relief 1% w/w Cream than you should

If you or a child accidentally swallow the cream, contact your doctor or nearest hospital immediately. Take the packet with you to help identification.

If you forget to use Numark Bites & Stings Relief 1% w/w Cream

If you miss a treatment, apply the cream as soon as you remember and apply the remaining dose for that day at an evenly spaced interval.

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

4. POSSIBLE SIDE EFFECTS

Like all medicines, Numark Bites & Stings Relief 1% w/w Cream can cause side effects, although not everybody gets them. You may notice the following:

- rash, itchy skin, swelling of the lips, eyes, tongue, or difficulty in breathing may be signs of an **allergic reaction**. **Stop using Numark Bites & Stings Relief 1% w/w Cream immediately**.
- 'stretch marks' may appear, especially where skin is in folds such as the groin or armpits.

Reporting of side effects

If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at www.mhra.gov.uk/yellowcard. By reporting side effects, you can help provide more information on the safety of this medicine.

5. HOW TO STORE NUMARK BITES & STINGS RELIEF 1% W/W CREAM

Keep out of the reach and sight of children. Do not store above 25°C. Store in the original package and keep the tube in the outer carton. Do not use Numark Bites & Stings Relief 1% w/w Cream after the expiry date, which is stated on the tube/carton. Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

6. FURTHER INFORMATION

What Numark Bites & Stings Relief 1% w/w Cream contains:

- The **active substance** is hydrocortisone and the cream contains 10 mg in every 1 g (1%).
- The **other ingredients** are Cetomacrogol Emulsifying Wax, chlorocresol, liquid paraffin, Macrogol 300, white soft paraffin and purified water (see end of Section 2 for further information).

What Numark Bites & Stings Relief 1% w/w Cream looks like and contents of the pack

The product is a smooth white cream and is available in aluminium tubes containing 10 g.

Marketing Authorisation Holder and Manufacturer

Pinewood Laboratories Ltd, Ballymacarbray, Clonmel, Co. Tipperary, Ireland.

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