

Anusol

Cream

Read all of this leaflet carefully because it contains important information for you.

This medicine is available without prescription, for you to treat a mild illness without a doctor's help. Nevertheless, you still need to use Anusol_ carefully to get the best results.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- See your doctor if your symptoms worsen or do not improve.

The active substances are: Zinc oxide 10.75 S> Bismuth oxide 2.14 g and Balsam Peru 1.8 g per 100 g.

Other ingredients: Glycerol monostearate, liquid paraffin, propylene glycol, polysorbate 60, sorbitan stearate, titanium dioxide (E171), methyl hydroxybenzoate, propyl hydroxybenzoate and water.

Marketing Authorisation holder:

Pfizer Consumer Healthcare, Walton-on-the-Hill,
Surrey, KT20 7NS, UK.

Pfizer Consumer Healthcare Ireland,
Pottery Road, Dun Laoghaire, Co. Dublin, Ireland.

Manufacturer: Parke Davis. 5 avenue de Concyr,
45071 Orleans, Cedex 2, France.

1. What Anusol Cream is and what it is used for

Anusol Cream is used to relieve the pain, **swelling**, itch and irritation of internal and external piles (haemorrhoids) and other related conditions, such as anal itching. It contains a number of ingredients: **Zinc oxide** is an astringent which soothes and protects raw areas and helps reduce swelling. It also acts as an antiseptic to prevent bacterial growth. **Bismuth oxide** is an astringent and antiseptic and also protects raw, irritated areas around the anal area.

Balsam Peru is an antiseptic which has a protective action on sore areas and can promote healing.

The Cream is available in tubes containing 23 g and 43 g.

2. Before you use Anusol Cream

Do not use Anusol Cream if: You have ever had a reaction to Anusol or any of its ingredients **Take special care with Anusol Cream if:** You have rectal bleeding. If you are in doubt whether any bleeding you have experienced is caused by piles, you should see your doctor. If these statements have ever applied **to** you please consult your doctor.

Pregnancy and breast-feeding

You can use Anusol Cream if you are pregnant or breast-feeding but, as with all medicines at this time, you should discuss it with your doctor first.

3. How to use Anusol Cream

Adults and the elderly:

Wash the anal area and dry carefully with a soft towel. Apply Anusol Cream to the affected area at night, in the morning and after each bowel movement. For internal piles, screw the nozzle provided onto the tube and remove the nozzle cap. Insert the nozzle into the back passage and squeeze gently. Clean the nozzle after each use. Please wash your hands after use. **Children: Not** to be used except on the advice of a doctor.

4. Possible side-effects

Like all medicines, Anusol Cream can have side-effects.

Tell your doctor if you notice any of the following:

- Sensitivity reactions such as a rash.
- Mild irritation or burning on application.

These are mild side-effects, which will usually stop when you stop using the Cream. If you notice any side-effects not mentioned in this leaflet,

please tell your doctor or pharmacist.

5. Storing Anusol Cream

- Keep Anusol Cream out of the reach and sight of children.
- Do not store above 25°C.

Use by date: Do not use Anusol Cream after the expiry date on the box. This leaflet was revised February 2004. Anusol is a registered trade mark of Pfizer Consumer Healthcare.

Further information about piles What are piles?

Piles (haemorrhoids) are swollen blood vessels which occur inside or outside the back passage (anus).

Symptoms

Some people have piles without experiencing any symptoms, but sufferers may notice the following:

Bleeding: Although streaks of bright red blood on

the toilet paper are not uncommon in people with piles, it may be a sign of a more serious condition and you should see your doctor to check this.

Swelling: The swollen blood vessels may be felt as a lump or blockage in the anus.

Pain, itching and irritation in the anal region. At least 40% of people suffer from piles at some time in their lives. However, many people are too embarrassed to seek advice or treatment and, as a result, suffer unnecessary discomfort. Fortunately, there is much you can do to ease the situation and relieve the symptoms.

What causes piles?

A number of factors can contribute to the development of piles:

- The most common cause is straining during bowel movement, usually as a result of constipation.
- During pregnancy, the growing baby exerts increased pressure on the anal vessels, which can lead to piles.
- Heredity. You may be more likely to develop piles if your family has a history of suffering.

A Healthy Living Plan for Piles Sufferers

You can reduce the risk of piles by following a healthy diet and lifestyle that helps to keep your bowels working regularly and prevents constipation.

This can also help to speed recovery from piles.

- Eat a high fibre diet including foods like brown rice, wholemeal bread, wholewheat pasta etc.
- Eat plenty of fresh fruit, vegetables and salads.
- Drink plenty of water.
- Don't eat too much salty, fatty or sugary foods such as crisps, burgers and cakes.
- Cut back on the amount of alcohol, tea and coffee you drink.
- Exercise regularly.

A healthy diet and lifestyle will reduce the likelihood of constipation and encourage a regular bowel habit. Go to the toilet regularly and try to avoid straining. Leaning forward from the hips may help.

For external and internal piles, Cream is available.

If extra protection for dry, irritated skin is needed, Ointment can be used. If internal haemorrhoids are the problem, Suppositories deliver a measured dose to the affected area.

For further information, please contact:

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or

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