



Canesten®

Athlete's Foot 1% w/w cream

Clotrimazole



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

This medicine is available without prescription. However, you still need to use Canesten Athlete's Foot 1% w/w cream 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 or pharmacist if your symptoms worsen or do not improve.
- If you have any unusual effects after using this product, tell your doctor or pharmacist.

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1. WHAT IS CANESTEN® ATHLETE'S FOOT CREAM AND WHAT IS IT USED FOR?

Canesten Athlete's Foot cream is an effective treatment for athlete's foot or jock itch.

If you are unsure whether you have one of these fungal skin infections, seek the advice of your doctor or pharmacist.

The active substance in Canesten Athlete's Foot cream is Clotrimazole. Clotrimazole belongs to a group of medicines called imidazoles and is an antifungal agent which fights the cause of fungal skin infections.

2. BEFORE YOU USE CANESTEN® ATHLETE'S FOOT CREAM

Do not use Canesten Athlete's Foot cream:

- If you are allergic (hypersensitive) to clotrimazole or any of the other ingredients of Canesten Athlete's Foot cream (listed in section 6) including Cetostearyl alcohol or benzyl alcohol,
- To treat nail or scalp infections.

Pregnancy and breastfeeding:

Canesten Athlete's Foot cream can be used in pregnancy and breastfeeding.

If you are pregnant or breastfeeding or trying for a baby, tell your doctor or midwife before using Canesten Athlete's Foot cream. If you have informed your doctor or midwife already, follow his/her instructions carefully.

Warnings and precautions:

Do not smoke or go near naked flames - risk of severe burns. Fabric (clothing, bedding, dressings etc) that has been in contact with this product burns more easily and is a serious fire hazard. Washing clothing and bedding may reduce product build-up but not totally remove it.

Important information about some of the ingredients:

This product contains cetostearyl alcohol which may cause local skin reactions (e.g. contact dermatitis). The medicine also contains 20mg benzyl alcohol in each gram of cream. Benzyl alcohol may cause allergic reactions and mild local irritation.

3. HOW TO USE CANESTEN® ATHLETE'S FOOT CREAM

Follow these directions closely:

- Before use, pierce the tube seal by inverting the cap over the end of the tube and press.
- If feet are infected; before applying the cream, they should be washed and dried thoroughly, especially between the toes.
- Canesten Athlete's Foot cream should be applied thinly and evenly to the affected areas two or three times daily and rubbed in gently.
- A strip of cream (½ cm long) is enough to treat an area of about the size of the hand.
- The treatment should be continued for at least one month to prevent re-infection.
- If you have athlete's foot, it may help to use an antifungal dusting powder as well. Ask your doctor or pharmacist to recommend one.

The symptoms of skin infection, such as itching or soreness, should improve within a few days of treatment although signs such as redness and scaling may take longer to disappear. If symptoms do not improve within 7 days, consult your doctor.

Canesten Athlete's Foot cream is for external use only:

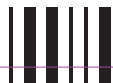
Do not put the cream in your mouth or swallow it.

If the cream is swallowed accidentally, tell your doctor straight away or contact the Accident and Emergency Department of your nearest hospital.

If you accidentally get cream in your eyes or mouth, wash immediately with water and contact your doctor.

If you forget to use Canesten Athlete's Foot cream:

Apply the cream as soon as possible and then continue the rest of treatment as usual.





You can help the treatment to work if you follow these simple self-help tips:

- Although the infected area will itch, try not to scratch. Scratching will damage the surface of the skin and cause the infection to spread further.
- Keep the affected skin areas clean.
- Pay particular attention to drying the skin, including between the toes, but avoid excessive rubbing.
- Do not share towels, bath mats, etc. with other people as you could spread the infection to them.
- Always wash your hands after treating the infection to prevent it from spreading.

If you have athlete's foot:

- Remember to dry the skin between the toes thoroughly.
- Wash your socks, stockings and tights thoroughly in hot water to remove any shed skin or fungal spores.
- Change your footwear daily if possible.

4. POSSIBLE SIDE EFFECTS

Like all medicines, Canesten Athlete's Foot cream can cause side effects, although not everybody gets them.

As with all medicines, some people may be allergic to the cream. If you are allergic, a reaction will occur soon after you start using it. If you experience an allergic reaction, stop using Canesten Athlete's Foot cream and tell your doctor straight away or contact the Accident and Emergency Department of your nearest hospital. Signs of an allergic reaction may include:

- Rash.
- Swallowing or breathing problems.
- Swelling of your lips, face, throat or tongue.
- Weakness, feeling dizzy or faint.
- Nausea.

After you apply the cream, you might experience the following symptoms:

- Itching, rash, blisters, burning, discomfort, swelling, irritation, pins and needles, redness or peeling of skin.

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. 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 or search for MHRA Yellow Card in the Google Play or Apple App Store. By reporting side effects you can help provide more information on the safety of this medicine.

5. HOW TO STORE CANESTEN® ATHLETE'S FOOT CREAM

Keep out of the sight and reach of children.

This product should be stored in the original carton. Do not store above 25°C.

Do not use Canesten Athlete's Foot cream after the expiry date which is stated at one end of the carton and on the end of the tube of cream. The expiry date refers to the last day of that month.

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 Canesten Athlete's Foot cream contains:

- The active substance is clotrimazole at a strength of 1% w/w.
- The other ingredients are benzyl alcohol, polysorbate 60, sorbitan stearate, cetyl palmitate, cetostearyl alcohol, octyldodecanol and purified water.

See Section 2 'Do not use' and 'Important information about some of the ingredients' for cetostearyl and benzyl alcohol advice.

What Canesten Athlete's Foot cream looks like and contents of the pack:

Canesten Athlete's Foot cream is available in tubes containing 15g, 25g or 30g of white cream. Not all pack sizes may be marketed.

Marketing Authorisation Holder:

Bayer plc,
400 South Oak Way,
Reading
RG2 6AD, UK

Manufacturer:

GP Grenzach Produktions GmbH,
79639 Grenzach-Wyhlen, Germany.

Remember: If you have any doubts about using Canesten Athlete's Foot cream correctly, seek the advice of your doctor or pharmacist

For UK residents only: if you have any questions or would like more information, call our Canesten Advice Line on 0845 758 5030. Calls charged at local rate.

This leaflet was last revised in April 2021.

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