

# IDAMAN PHARMA BETAMETHASONE CREAM

Betamethasone Valerate (0.1% w/w)

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## What Idaman Pharma Betamethasone Cream is used for

Idaman Pharma Betamethasone Cream is used for certain skin problems such as

- Eczema
- Seborrheic dermatitis
- Psoriasis
- Intertrigo (rash between the folds of skin)
- Contact sensitivity reactions and allergies
- Dermatitis and other inflammatory skin conditions

## How Idaman Pharma Betamethasone Cream works

Idaman Pharma Betamethasone Cream contains Betamethasone Valerate which belongs to a group of medicines called topical corticosteroids.

Idaman Pharma Betamethasone Cream works by reducing inflammation of the skin thus relieving the symptoms of redness, swelling and itchiness in certain skin conditions.

## Before you use Idaman Pharma Betamethasone Cream

### -When you must not use it

Do not use Idaman Pharma Betamethasone Cream if you have known allergy to Betamethasone Valerate or other steroids or any other ingredients contained in this medicine as listed at the end of this leaflet.

Idaman Pharma Betamethasone Cream is not recommended for the treatment of the following skin conditions:

- Bacterial or fungal skin infections
- Acne
- Severe flushing of skin on and around the nose (rosacea)

- Spotty rash around the mouth (perioral dermatitis)
- Viral diseases of the skin, e.g. herpes simplex

If you are not sure whether you should start using this medicine, confirm with your doctor or pharmacist first.

### -Before you start to use it

Tell your doctor if you have

- Any infection or ulcerations
- Diabetes
- Tuberculosis (bacterial infection that mainly affects the lungs)
- Liver lesions

### **Pregnancy and Lactation**

You must tell your doctor if you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby.

Your doctor or pharmacist will advise you if you can use Idaman Pharma Betamethasone Cream during pregnancy or while you are breast-feeding.

Topical steroids should not be used extensively in pregnancy, i.e. in large amounts or for prolonged periods.

### -Taking other medicines

Tell your doctor or pharmacist if you are using any other medicines, including those that you buy without a prescription from pharmacy, supermarket or any other source.

## How to use Idaman Pharma Betamethasone Cream

Always use the medicine exactly as your doctor or pharmacist has told you. Read the directions on the label carefully. If you have any concerns about how to use this medicine, confirm with your doctor or pharmacist.

### -How much to use

Your doctor or pharmacist will advise you on how much to use each day and for how long you will need to use it.

Apply a thin layer to the affected area 2 – 3 times daily until improvement occurs or as instructed. Gently rub it into the skin until it has all disappeared.

Do not use more than the amount of Idaman Pharma Betamethasone Cream prescribed for you. It is especially important not to use more than the prescribed amount for children.

The frequency of use may be reduced as your skin begins to get better.

If you are applying the cream on someone else, make sure you wash your hands after use or wear disposable gloves when applying it.

### -When to use it

Follow the directions on the label carefully and as instructed by your doctor or pharmacist.

### -How long to use it

Follow the instructions given by your doctor or pharmacist.

Do not use on large areas of the body for a long time such as every day for many weeks or months unless advised by your doctor. If your skin problem does not improve, please get advice from your doctor.

### -If you forget to use it

If you forget to apply the medicine, use it as soon as you remember. If it is almost time for your next application, wait until then to use the cream and skip the missed dose. Do not apply extra to make up for the missed application.

### -If you use too much (overdose)

If you have accidentally applied too much (overdose) Idaman Pharma Betamethasone Cream wipes off any excess. If you accidentally swallow it, seek medical treatment at the Emergency Department of a hospital nearest to you.

## While you are using Idaman Pharma Betamethasone Cream

### -Things you must do

- This medicine is only for use on the skin
- Wash your hands before and after using this cream.

### -Things you must not do

Do not give Idaman Pharma Betamethasone Cream to anyone else, even if they have the same symptoms or condition as you.

Do not use your medicine to treat any other complaints unless your doctor or pharmacist tells you to. Avoid this medicine from getting into your eyes.

Do not cover the area treated under a nappy or occlusive dressing unless instructed by your doctor or pharmacist.

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## - Things to be careful of

If irritation, sensitization or allergic reaction occurs, stop using it and inform your doctor or pharmacist.

## **Side Effects**

Like all medicines, Idaman Pharma Betamethasone Cream can cause side effects, although not everybody gets them. Inform your doctor or pharmacist immediately if you experience any side effects after using this medicine.

Stop using Idaman Pharma Betamethasone Cream and see your doctor immediately if:

- Your skin condition gets worse
- You develop a rash or your skin becomes swollen
- There is a spread of infection on the skin
- Your children have growth retardation
- You have hump behind your shoulder (Buffalo hump)
- You have adrenal gland suppression

If Idaman Pharma Betamethasone Cream is used for a long period of time, it may cause thinning on the face, more than other areas of the body. The veins under the skin may also become more visible especially if used under an occlusive dressing or where skin folds are involved.

When treating under occlusion, the skin should always be cleansed before a fresh occlusive dressing is applied, to guard against bacterial infection which is liable to occur in the warm, moist condition induced by the occlusion. Appropriate anti-infective should be used whenever secondary infection is present.

Care must be exercised in using these agents in children especially when treating extensive areas with occlusive dressing.

Other side effects not listed above may occur in some people. Ask your doctor or pharmacist to answer any questions you may have.

You may report any side effects or adverse drug reactions directly to the National Centre for Adverse Drug Reaction Monitoring by calling Tel: 03-78835550, or visiting the website [npra.moh.gov.my](http://npra.moh.gov.my) (Public → Reporting Medicinal Problems / Side Effects / AEFI / Vaccine Safety).

## **Storage and Disposal of Idaman Pharma Betamethasone Cream**

### - Storage

Keep all medicines out of the sight and reach of children.

Do not use this medicine after the expiry date stamped on the pack.

Store below 30°C. Keep tube and container tightly closed. Protect from light and freezing.

### - Disposal

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.

## **Product Description**

### - What it looks like

Smooth, soft, homogenous white colour cream, free from visible impurities.

### - Ingredients:

#### - Active Ingredients :

Each gram of cream contains Betamethasone Valerate equivalent to 1mg of betamethasone.

#### - Inactive ingredients :

- Cetostearyl Alcohol
- Liquid Paraffin
- Polyoxyl 40 Stearate
- Propylenen Glycol
- Deionised Water
- White Soft Paraffin

#### - Preservative

- Methyl Paraben
- Propyl Paraben

### MAL Number:

MAL19860149AZ

## **Manufacturer and Product Registration Holder**

Idaman Pharma Manufacturing Sdn Bhd

(661901-P)

Lot 24 & 25, Jalan Perusahaan Lapan, Bakar

Arang Industrial Estate,

08000 Sungai Petani

Kedah Darul Aman, Malaysia

## **Date of Revision**

27 December 2017

## **Serial Number:**

NPRA(R4/1)191217/00367