

# SELFIDE LOTION<sup>®</sup>

Selenium Sulphide (2.5% w/v)

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## What Selfide Lotion is used for

Selfide Lotion contains the active ingredient Selenium Sulphide. It is used on the scalp to help control the symptoms of dandruff and seborrhoeic dermatitis (inflammatory skin condition that caused scaly lesions). It is also used to treat skin disease caused by fungal infections (tinea versicolor).

## How Selfide Lotion works

Selfide Lotion has antibacterial and antifungal activity. It works by slowing down the growth of bacterial and fungus that caused the symptoms.

## Before you use Selfide Lotion

### - When you must not use it

Do not use *Selfide Lotion* if you:

- Have open wound on your skin
- Have just undergone chemical treatments (e.g.: waving, tinting, bleaching) 48 hours prior to using.

Do not use *Selfide Lotion* to extensive areas of the skin because of the risk of systemic toxicity.

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

### - Before you start to use it

Tell your doctor if you:

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

### - 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.

### - Pregnancy and lactation

Tell your doctor if you are pregnant or is breastfeeding. *Selfide Lotion* is not generally recommended to be used during pregnancy or breastfeeding unless the benefit outweighs the risks.

## How to use Selfide Lotion

*Selfide Lotion* is applied topically.

Always shake well before use.

### - How much to use

#### • Dandruff and seborrhoeic dermatitis:

Scalp: Apply 5-10ml to wet hair lather and leave on the scalp for about 4-6 minutes. Rinse and repeat application. The hair should be rinsed thoroughly after treatment and all traces of the lotion should be removed from the hands and nails.

#### • Tinea versicolor:

Apply undiluted lotion to affected areas of the skin together with a small amount of water to form a lather. Allow the lotion/lather to remain on skin for 10 minutes, then rinse thoroughly.

### - When to use it

#### • Dandruff and seborrhoeic dermatitis:

Use twice weekly for 2 weeks then once weekly for 2 weeks, and then only when necessary, or as directed by the physician.

#### • Tinea versicolor:

Repeat daily for 1 week or as directed by the physician.

### - How long to use it

The duration of treatment depends on the condition being treated. Your doctor will be able to advise you on this.

### - 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.

Several symptoms of poisoning can be observed after accidental ingestion which includes an odour of garlic in the breath, a metallic taste, anorexia (eating disorder), vomiting, anaemia (low amount of red blood cells), tremors, severe perspiration, lower abdominal pain, weakness, lethargy, and fatty degeneration of the liver.

*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

- Always use *Selfide Lotion* exactly according to the instructions given to you by your doctor or pharmacists. If you are unsure, check with your doctor or pharmacist.
- Inform your doctor or pharmacist if you are using other preparation for the same condition.
- If you are pregnant while using *Selfide Lotion*, tell your doctor immediately.
- If you are about to be started on a new medicine, remind your doctor and pharmacist that you are using *Selfide Lotion*.

### - Things you must not do

- Do not use *Selfide Lotion* to treat any other conditions unless your doctor tell you to.

### - 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.

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**Side effects**

All medicines can have side effects. *Selfide Lotion* may cause unwanted side effects although not everybody gets them. Tell your doctor or pharmacist if you notice the following side effects:

- Irritation on the treated area
- Oily scalp
- Hair discolouration
- Hair loss

*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 calling Tel: 03-78835550, or visiting the website [portal.bpfk.gov.my](http://portal.bpfk.gov.my) (Consumers -> Reporting)

**Storage and Disposal of *Selfide Lotion***

Storage

Store in a cool, dry place below 30°C.  
Store in a well-closed containers to protect from light, heat and moisture.  
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 Lotion* 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 30ml, 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, titanium dioxide, purified water.

- MAL Number

MAL19930491AZ

**Manufacturer**

T.O Chemicals (1979) Ltd.,  
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**Product Registration Holder**

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