

Nifedipine Cream or Ointment

Active Ingredient

Nifedipine

What is in this leaflet

This leaflet contains some information about your medication. It does not take the place of talking to your doctor or pharmacist. All medicines have risks and benefits. Your doctor has weighed the risks of you taking this medication against the positive benefits they expect it will have for you. **If you have any concerns about taking this medicine, please contact us again or speak with your doctor or pharmacist for more information.** Keep this leaflet with the medicine as you may need to read it again in the future.

What it is used for

This medication contains the active ingredient Nifedipine. Nifedipine belongs to a group of medications called Calcium Channel Blockers.

Nifedipine as a cream or ointment is used to treat anal fissures. It helps to prevent the muscles surrounding the anal canal (sphincter) from spasming, which increases blood flow and assists the fissure to heal.

Only take this medication for the condition your doctor has prescribed it.

Before you use Nifedipine

When you must NOT use it:

- If you are allergic to the active ingredient
- If the medication is expired or has not been stored correctly

Let us know if you are:

- Pregnant, planning on becoming pregnant, or breastfeeding
- Suffer from any other medical conditions or take any other medications, especially those used for high blood pressure.

How to use Nifedipine

How much to use

Please use this medication as directed by your doctor or pharmacist. Refer to the directions on the product

label if required. Normally, a small pea-sized amount of cream or ointment is applied twice a day. It can take several weeks for the fissure to heal.

How to use it

1. Wash your hands. Apply gloves if desired.
2. Lie down on your side, with your bottom leg straight, and your top leg bent with your knee towards your chest.
3. Squeeze a pea-sized amount of cream onto your finger and spread it around the outside of the anal canal. Avoid applying directly to the fissure as this may cause discomfort.
4. Remove your gloves (if required) and wash your hands.

If you forget to use it

If it is almost time for your next dose, skip the dose you missed and use your next dose as normal. **Do not apply double to make up for a dose you missed.**

If accidentally ingested (swallowed)

Immediately contact your doctor, the Poisons Information Centre (telephone 13 11 26) or go to the Accident and Emergency at the nearest hospital.

Side effects

Please let us or your doctor know as soon as possible if you do not feel well while taking this medication.

The most common side effects you may experience include:

- Anal itching or soreness

Other side effects may rarely occur as the medication can be absorbed through the skin and into the bloodstream. Please let your doctor know if you experience any of these, including:

- Headache
- Flushing (red) face
- Dizziness, feeling light-headed or fainting
- Swollen or painful gums
- Fast or irregular heart rate

Storage

Expires 6 months after preparation. Store your medication unrefrigerated in a cool, dry place that is below 25°C.

Caring, Innovative,
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