

Tacrolimus Ointment

Active Ingredient

Tacrolimus

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 Tacrolimus. Tacrolimus belongs to a group of medications called topical calcineurin inhibitors.

Tacrolimus as an ointment is used to treat inflammatory skin conditions such as atopic dermatitis (eczema). It works by reducing the skin's defence (immune) system, which decreases the allergic reaction, helping to relieve the eczema.

Before you use Tacrolimus ointment

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
- If you have a history of a rare genetic disorder called Netherton's syndrome.

Let us know if you are:

- Pregnant, planning on becoming pregnant, or breastfeeding
- Have a weakened immune system or any other medical conditions, or take any other medications
- Have a history of any other skin conditions, such as skin cancers, infections (herpes, shingles), or use light therapy (eg. UVA or UVB).

How to use Tacrolimus

How much to use

Please use this medication exactly as directed by your doctor or pharmacist. Refer to the directions on the product label if required. There are different strength ointments available. Your doctor will have decided what is best based on your age and medical history.

How to use it

1. Wash your hands.
2. Apply a thin layer of ointment and rub into the skin. You should use the smallest amount of ointment needed to control your eczema.
3. If you are not treating your hands, wash your hands with soap and water to remove any remaining ointment.

Apply the ointment after bathing, showering, or swimming to prevent it being washed off. If using a moisturiser, apply it several minutes AFTER applying the tacrolimus ointment.

Limit sun exposure during therapy. If outdoors, ensure you use protective clothing to cover your skin from direct sunlight.

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.

You may experience some mild side effects during the first few days of treatment. If these persist or worsen, tell your doctor:

- Stinging, burning, soreness or itching
- Acne, folliculitis, or increased skin sensitivity

Tell your doctor immediately if you have any serious side effects, such as:

- Chest pain
- Unusual tiredness
- Back/joint/muscle pain

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- Appearance of any skin infections or sores (shingles, chicken pox, warts etc.)

Storage

Expires 6 months after preparation. Store your medication refrigerated between 2°C to 8°C.



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