

Zematop[®] 0.1%

tacrolimus ointment


Your guide to
getting the
best from
Zematop

**FOR
YOUR
SKIN**



Your doctor has prescribed Zematop to help relieve your eczema

Zematop is used for the treatment of moderate to severe eczema (atopic dermatitis) in people over the age of 16 years, who need a longer term non-steroid based treatment or have not had any success using other treatments such as corticosteroid creams and ointments.



How does Zematop work?

Eczema is an over-reaction of your skin's immune system, which causes skin inflammation. Some of the symptoms can include:

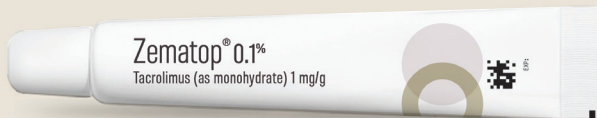
Itchiness

Redness

Dryness

When this inflammation occurs, it's called a flare.

The active ingredient in Zematop, called tacrolimus, alters this abnormal immune response, and relieves your skin's inflammation and the symptoms above.



What is in Zematop?

Zematop is a steroid-free white to slightly yellowish ointment containing an active ingredient called tacrolimus in a 30 g tube.

As well as tacrolimus, it also contains:

white soft paraffin

paraffin (liquid)

propylene carbonate

beeswax (white)

paraffin (hard)

How often should I use Zematop?

Your doctor will tell you how to use Zematop for your specific situation. If you have any questions, please contact your doctor or nurse – they'll be happy to help.

2X DAILY FOR FLARE TREATMENT

Treatment should be used twice daily until the affected area has cleared. Use Zematop at about the same time of the day.

Apply a pea sized amount of Zematop ointment for a 5 cm wide circle.

If symptoms recur, twice daily treatment should be restarted.

1X DAILY 2X WEEKLY FOR MAINTENANCE (ONGOING) TREATMENT

Zematop should be applied once a day, twice weekly to affected areas to prevent flares. Use Zematop at about the same time of day.

Apply a pea sized amount of Zematop ointment for a 5 cm circle.

There should be 2-3 days without treatment between each application.

5 top tips for applying Zematop

- 1** Place in the fridge 15-20 minutes before using
- 2** Make sure the affected areas of your skin are dry
- 3** Initially apply to a small area of skin before applying to larger areas
- 4** Apply as a thin layer to the affected areas of your skin
- 5** Make sure that you wash your hands thoroughly afterwards, unless your hands are the area you are treating

When might I notice an improvement in my skin?

FOR FLARE TREATMENT

Improvement is generally seen within one week of starting treatment.

If no signs of improvement are seen after two weeks of treatment, your doctor will discuss further treatment options with you.

FOR MAINTENANCE (ONGOING) TREATMENT

With maintenance treatment you'll notice a smaller number of flares.

Your doctor will review your condition after 12 months and determine whether to continue maintenance treatment.

Some important notes

MILD TO MODERATE STINGING MAY OCCUR

Some people are likely to experience a degree of mild to moderate stinging after using Zematop which goes away after one week of starting treatment. It can begin 5 minutes after application, potentially lasting for up to 1 hour, with the intensity and duration diminishing over the following days. If it lasts longer than one week, you should contact your doctor or nurse. Your doctor may also recommend using other treatments and/or medicines before, or with, Zematop.

MINIMISE OR AVOID DRINKING ALCOHOL

The active ingredient in Zematop, tacrolimus, may result in increased alcohol intolerance. This means that drinking alcohol while using Zematop may cause the skin or face to become flushed or red and feel hot.

PROTECT YOUR SKIN WHEN YOU ARE IN THE SUN

Zematop may cause your skin to be more sensitive to sunlight. So, if you are outdoors, it is important to wear protective clothing and use a SPF 30+ or higher sunscreen, especially between 10 am and 3 pm.

Common questions about Zematop

People often have questions about the medicines that they're using. If your question is not listed below, please talk to your doctor or nurse – they'll be happy to help.

ON WHAT PARTS OF MY BODY CAN I USE ZEMATOP?

Zematop may be used on any part of your body, except on the inside of your nose or mouth (called mucous membranes) or in your eyes. Zematop should not be applied under dressings (i.e. bandages, wraps, plasters).

WHAT IF I FORGET TO USE ZEMATOP?

If you forget to use Zematop at your normal time, it is OK to use it as soon as you remember, and then continue your normal routine as before.

I'M ON OTHER MEDICATIONS. DO I STILL CONTINUE TAKING THESE?

Talk to your doctor about the other medicines you are using. Also, if you are about to be started on any new medicine, tell your doctor and pharmacist that you are using Zematop as it may affect those medicines.



DOES ZEMATOP HAVE ANY SIDE EFFECTS?

All medicines can have side effects. Sometimes they are serious, most of the time they are not. If you have any questions or concerns, talk to your doctor.

TELL YOUR DOCTOR OR PHARMACIST IF YOU NOTICE ANY OF THE FOLLOWING AND THEY WORRY YOU:

Acne

Folliculitis (inflammation of hair follicles)

Cold sores

Conjunctivitis

Itchy skin

Increased skin sensitivity

"Pins and needles" sensation for more than a week

Persistent burning sensation for more than a week

Discolouration of the skin

Irritation at the application site for more than a week

TELL YOUR DOCTOR AS SOON AS POSSIBLE IF YOU NOTICE ANY OF THE FOLLOWING SYMPTOMS:

Swelling or pain at the application site

Warmth at the application site (which might be due to an infection)

Rash at the application site

Worsening of your rash

Any other changes to your skin at the application site

Looking for Support & Help?

Living with eczema can affect people differently. Here are some organisations that can support you on your journey of managing, and living with, your eczema.

THE ECZEMA ASSOCIATION OF NEW ZEALAND

The Eczema Association of New Zealand (EANZ) is a valuable source of knowledge and advice on a wide range of issues associated with the management and treatment of eczema.

0800 300 182/ eczema.org.nz

ALLERGY NEW ZEALAND

Allergy New Zealand is a national membership-based, not-for-profit society whose primary role is to provide information, education, and support to the many thousands of New Zealanders living with allergies, including those at risk of anaphylaxis.

0800 340 800/ allergy.org.nz

Zematop[®] is a prescription medicine for the treatment of moderate to severe atopic dermatitis in adults and adolescents over the age of 16 who are not adequately responsive or who are intolerant of conventional therapies such as topical steroids. Ingredient is tacrolimus 0.1% **Dose.** Maintenance. Apply once a day twice weekly to areas commonly affected by atopic dermatitis to prevent progression to flares. Between applications there should be 2-3 days without Zematop[®] treatment. After 12 months treatment there should be a review of the patient's condition. There is an absence of safety data beyond 12 months. Flares. Apply twice a day and treatment should be continued until clearance of lesion. If symptoms recur, twice daily treatment should be restarted. **Contraindications.** Hypersensitivity to macrolides in general. Occlusive dressings are not recommended. **Warnings and Precautions.** Minimise exposure to sunlight and use of UV light from a solarium in combination with psoralens (PUVA). Use in patients with skin barrier defects such as Netherton's syndrome or cutaneous graft versus host disease. Care if applying Zematop[®] over an extended period of time. Care with transplant patients re development of lymphadenopathy. This should be investigated and kept under review. In cases of persistent lymphadenopathy the aetiology should be investigated and possible discontinuation of Zematop[®] should be considered. Before commencing treatment of clinically infected atopic dermatitis the clinical infections at treatment sites should be cleared. Treatment with Zematop[®] may be associated with an increased risk of herpes viral infections and folliculitis. The balance of risk/benefit should then be evaluated. Avoid contact with eyes and mucous membranes. Patients with hepatic failure as tacrolimus is extensively metabolised in the liver. Pregnancy, breast feeding is not recommended unless clearly necessary. There is no data available on fertility. **Interactions.** Formal studies have not been conducted. Interactions with CYP 3A4 inhibitors cannot be ruled out. **Adverse Effects.** Very common: application site burning & pruritis. Common: local skin infection, herpes viral infections, alcohol intolerance, paraesthesias and burning sensation, pruritis. Please review the datasheet at www.medsafe.govt.nz before prescribing Zematop[®]. Funded under special authority conditions only for atopic dermatitis of the face on the Pharmaceutical Schedule. Douglas Pharmaceuticals Ltd, Auckland. TAPS NA 13200 811414