Patient Information Leaflet

Difflam Cream
Benzydamine hydrochloride

Read all of this leaflet carefully because it contains important information for you.
• This medicine is available without prescription. However, you still need to use it carefully to get the best results.
• Keep this leaflet. You may need to read it again
• Ask your doctor or pharmacist if you need more information or advice.
• You must contact a doctor if your symptoms worsen or do not improve.

In this leaflet:
1. What Difflam Cream is for
2. Before you use Difflam Cream
3. How to use Difflam Cream
4. Possible side effects
5. How to store Difflam Cream
6. Further information.

1. What Difflam Cream is for

Difflam Cream belongs to a group of medicines called non-steroidal anti-inflammatory drugs or NSAIDS.

Difflam Cream works by stopping pain and swelling (inflammation). When rubbed into the skin of the affected area it used to treat aches and pains including:
• Sprains
• Strains
• Bruises
• Sore muscles
• Stiff joints.

2. Before you use Difflam Cream

Do not use Difflam Cream if
• you are allergic to benzydamine hydrochloride
• you are allergic to any of the other ingredients of Difflam Cream (see section 6).
If either of these applies to you, talk to your doctor, dentist or pharmacist.

Taking other medicines
Tell your doctor, dentist or pharmacist before using Difflam Cream if you are taking any other medicines, even medicines obtained without a prescription.

Pregnancy and breastfeeding
If you are pregnant, trying to become pregnant or breast-feeding ask your doctor, dentist or pharmacist for advice before using Difflam Cream.

3. How to use Difflam Cream

Important:
Always use Difflam Cream exactly as your pharmacist has told you. You should check with your doctor or pharmacist if you are not sure.

If you get Difflam Cream in your eyes, mouth, nose or around your genitals or anus
Do not use Difflam Cream in or near your eyes, mouth, nose or around your genitals or anus. If any cream does get in or onto these parts of your body, wash them immediately with cold water.

How much Difflam Cream to use
The amount of cream used will depend on the size of the area to be treated. The normal length of cream to be squeezed out of the tube is between a half and a full finger length (35 - 85mm).

How to use the cream
Rub the cream gently into the affected area until it seems to disappear. The cream should be used three times each day for no more than 10 days. Your doctor may tell you to use it more often. Please wash your hands after applying the cream (unless your hands are being treated).

If your symptoms worsen or do not improve
Contact your doctor if your symptoms worsen or they do not improve.
If you use more Difflam Cream than you should
It should not cause you any problems if you accidentally swallow some of your medicine. If you have any concerns, contact your doctor or pharmacist.

If you forget to use Difflam Cream
Do not apply a double dose to make up for a missed dose. Simply apply the next dose as planned.
If you have any further questions about the use of this medicine, ask your doctor or pharmacist.

4. Possible side effects
Like all medicines Difflam Cream can cause side effects, although not everybody gets them.

You may experience the following:
• Itching
• Skin rash
• Skin redness or swelling
• Difficulty breathing and wheezing.

Some people become more sensitive to the effects of sunlight after using this cream. This means that the skin may become red and painful after only a few minutes in the sun.
These side effects should disappear if you stop using the cream.

If any of the side effects gets serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

5. How to store Difflam Cream
Keep out of the reach and sight of children.
Do not use Difflam Cream after the expiry date on the tube. The expiry date refers to the last day of that month.
Do not store above 30°C. Do not store in the refrigerator or freezer.
Medicines should not be disposed of via wastewater or household waste. Return any medicine you no longer need to your pharmacist.

6. Further information
What Difflam Cream contains
The active substance is 3% w/w benzydamine hydrochloride.
The other ingredients are Cutina (glycerol stearate), cetyl alcohol, Cetiol V (decyl oleate), Eumulgin B1 (macrogol cetostearyl ether), propylene glycol, perfume, methyl hydroxybenzoate, propyl hydroxybenzoate and purified water.
For advice on what to do if you are allergic to any of these ingredients see section 2.

What Difflam Cream looks like
Difflam Cream is a white cream. It comes in a 35 g, 50 g or 100 g tube. Not all pack sizes may be marketed

Marketing Authorisation Holder
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This leaflet was last updated February 2011.

If this leaflet is difficult to see or read or you would like it in a different format, please contact Meda Pharmaceuticals Ltd, Skyway House, Parsonage Road, Takeley, Bishop's Stortford, CM22 6PU.
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