SCHEDULING STATUS

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PREPARATION H® OINTMENT

(**Yeast Cell Extract** 1.0 g and **Shark Liver Oil** 3.0 g/ 100 g ointment)

Read all of this leaflet carefully because it contains important information for you.

PREPARATION H OINTMENT is available without a doctor's prescription, for you to treat a mild illness. Nevertheless, you still need to PREPARATION H OINTMENT carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share PREPARATION H OINTMENT with any other person.
- Ask your health care provider or pharmacist if you need more information or advice.
- Contact your doctor if your symptoms worsen or do not improve

What is in this leaflet

1. WHAT PREPARATION H OINTMENT IS AND WHAT IT IS USED FOR

PREPARATION H OINTMENT is used for the treatment of haemorrhoids (piles).

PREPARATION H OINTMENT works by relieving pain, irritation and itching.

2. WHAT YOU NEED TO KNOW BEFORE YOU TAKE PREPARATION H OINTMENT

Do not use PREPARATION H OINTMENT if you are allergic to any of the above listed ingredients (see “What PREPARATION H OINTMENT contains”)

Warnings and precautions

If you are suffering from haemorrhoids (piles) you are advised to consult a health care provider.

If you are in doubt whether any bleeding you have experienced is caused by piles, you should see your doctor as soon as possible.

Other medicines and PREPARATION H OINTMENT

Always tell your health care provider if you are taking any other medicines on a regular basis, including complementary or traditional medicines, concomitant use of PREPARATION H OINTMENT may cause undesirable interactions.

Please consult your doctor, pharmacist or other health care provider for advice.

PREPARATION H OINTMENT with food, drink and alcohol

No data available

Pregnancy and breastfeeding and fertility

Pregnancy and Breastfeeding:

Safety in pregnancy or breastfeeding has not been established for PREPARATION H OINTMENT.

If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult your doctor, pharmacist or other health care provider for advice before taking this medicine

Fertility

No data available

Driving and using machines

No data available

3. HOW TO USE PREPARATION H OINTMENT

Do not share medicines prescribed for you with any other person.

Always use PREPARATION H OINTMENT exactly as described in this leaflet or as your doctor, pharmacist or nurse has told you.

Check with your doctor, pharmacist or nurse if you are not sure.

For rectal use.

PREPARATION H OINTMENT is not to be swallowed.

Adults: Apply freely in the morning and night and after each bowel movement. Lubricate applicator before each application and thoroughly cleanse after use.

Do not stop treatment as soon as you get signs of improvement – carry on with the treatment for a little longer to obtain the full benefit.

Children: PREPARATION H OINTMENT should not be used in children

If you use more PREPARATION H OINTMENT than you should

PREPARATION H OINTMENT is not to be swallowed. If you accidentally swallow any, contact your doctor or pharmacist immediately.

In the event of an overdosage, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison control centre.

If you forget to use DIMETAPP PAEDIATRIC ELIXIR

Do not take a double dose to make up for forgotten individual doses.

4. POSSIBLE SIDE EFFECTS

PREPARATION H OINTMENT can have side effects.

Not all side-effects reported for PREPARATION H OINTMENT are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking this medicine, please consult your doctor, pharmacist or other health care provider for advice.

PREPARATION H OINTMENT may not suit everybody. Patients may have side effects. If an unwanted effect is severe or lasts for more than a few days, you should tell your doctor or pharmacist.

Preventing Piles: The discomfort of piles can be avoided by following these simple preventative measures:

Regular Bowel Habits: Try not to overstrain your bowels, especially if you come from a family that is prone to piles. Get into the habit of opening your bowels naturally and easily every day – if possible at the same time each morning. Avoid laxatives and purgatives.

A Good Diet: Try to eat food high in fibre content and drink plenty of water. Piles are more common now than they were 50 years ago because of the tendency to eat too many refined foods. Suitable foods to eat on a regular basis include bran, whole meal breads, fruit and fresh vegetables. Try to avoid foods which you know will disrupt your regular bowel movements.

Hygiene: Careful cleansing and removal of irritating matter that causes pain, swelling and itching can help to relieve symptoms of piles. Keep the affected area as dry as possible as this will encourage the healing processes. Wear cotton underwear in preference to nylon as this will keep the area drier.

If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist

Reporting of side effects

If you get side effects, talk to your doctor or pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects to SAHPRA via the '6.04 Adverse Drug Reaction Reporting Form', found on-line under SAHPRA'S publications: htpp://www.sahpra.org.za/Publications/Index/8. By reporting side effects, you can help provide more information on the safety of PREPARATION H OINTMENT.

5. HOW TO STORE PREPARATION H OINTMENT

Store at or below 25 °C.

Do not use this medicine after the expiry date stated on the pack.

Speak to your pharmacist on the correct disposal of any unused medicine.

Store all medicines out of reach of children

Store in the original container.

Return all unused medicine to your pharmacist.

Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

6. CONTENTS OF THE PACK AND OTHER INFORMATION

The active substances in PREPARATION H OINTMENT is Yeast cell extract: 1,0 g and Shark liver oil: 3,0 g.

PREPARATION H OINTMENT contains the following active ingredients per 100 g of ointment:

Yeast cell extract: 1,0 g and Shark liver oil: 3,0 g.

Preservatives: Methyl Parahydroxybenzoate 0,1 % *w/w*

Propyl Parahydroxybenzoate 0,2 % *w/w*

The other ingredients are: white petroleum jelly, mineral oil, isocreme absorption base, anhydrous lanolin, glycerol, thyme oil red (37487 E)

What PREPARATION H OINTMENT looks like and contents of the pack

A soft yellow ointment.

The PREPARATION H OINTMENT is available in tubes of 25 g and 50 g and is equipped with a special applicator nozzle.

Reference number

E913 (Act 101/1965).

Holder of Certificate of Registration

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This leaflet was last revised in

02 March 2012