

Diltiazem hydrochloride 2% Cream

Why is good skin care important?

You have been given this leaflet as you have been advised to use diltiazem hydrochloride 2% cream. Please read this leaflet carefully before you start using Diltiazem hydrochloride 2% cream.

Keep it in a safe place as you may need to refer to it again.

If you have any questions or if you are unsure about anything, ask your doctor or pharmacist for advice.

What is it used for?

Diltiazem hydrochloride 2% cream is used to promote the healing of the tear that has occurred in the skin of the anus (back passage) and reduce the symptoms of pain caused by the tear. The tear in the skin lining the anus is called an anal fissure.

Diltiazem hydrochloride works by relaxing the muscle around the anus (the anal sphincter); this reduces the anal pressure and increases the blood flow to the area to allow healing to occur.

How is the cream used?

- Wash your hands before and after you use the cream to ensure hygiene is maintained.
- Apply a small amount to your finger (approximately 2.5cm) and place the cream just inside and around the anus. A finger covering, such as cling film or a disposable glove may be used to apply the cream (dispose of finger covering appropriately).
- Use the cream twice a day (morning and evening) or as directed by your doctor.
- Try to ensure you have opened your bowels before using the cream as this will allow the cream to be in contact with the area for as long as possible.
- Treatment generally continues until the pain has resolved or for up to a maximum of eight weeks.
- The pharmacy department has supplied you with two tubes of cream which should last for the eight weeks.

Please note: This product is for external use only. DO NOT take it by mouth.

Side effects

All medicines have side effects, but they don't occur in all people who take them. Speak to your doctor or pharmacist if any of the following side effects continue or they become troublesome.

The most common unwanted effects of Diltiazem hydrochloride (which occur in less than 1 in 10 people who use it) are:

- Headaches - most headaches will not be severe or long lasting and can be treated with simple painkillers (e.g. paracetamol). If the headache does not resolve or is unpleasant, please consult your pharmacist or doctor.
- Light-headedness or dizziness especially when getting up from a sitting or lying down position. If you begin to feel dizzy, sit or lie down until the feeling passes.
- Local burning or itching or rectal bleeding. If troublesome, speak with your doctor.

If you experience any other symptoms which you think may be due to this medicine, speak with your doctor or pharmacist.

How to store your medicine

- Do not store or use the cream after four weeks of opening.
- Keep all medicines out of the sight and reach of children
- Store the cream in a cool dry place, below 25⁰c, away from direct heat and light
- Do not share your medicine with anyone else, even if their symptoms seem similar to yours.

Additional information

The information in this leaflet is not intended to replace your doctor's advice. If you require more information or have any questions please contact the hospital medicine information department.

Medicines advice for patients

If you have any questions about your medicines which have been prescribed from the Trust, Call us on: 020 8869 2762 (Monday to Friday 9am to 5pm)

Or email us via: lnwh-tr.medinfo@nhs.net (Patients & Visitors/Medicines Advice for Patients)

How to obtain further supplies

If your GP would like to prescribe further treatment for you, the community pharmacist will probably have to order the cream for you. Therefore, please give them notice before you run out.

What should I do if I want further information?

If you need advice about your treatment or side effects outside normal working hours, please contact your GP or NHS 111 or in life-threatening circumstances call the emergency services on 999. This will depend on the nature and urgency of your concern.

For advice on medicines you have received from the hospital, call Medicines Information from Monday to Friday between 9am and 5pm on: 020 8869 2762.

St Mark's Hospital, Watford Road, Harrow, Middlesex HA1 3UJ

General Trust Information

Patient Advice and Liaison Service (PALS)

PALS is a confidential service for people who would like information, help or advice about the services provided by any of our hospitals. Please note that this service does not provide clinical advice so please contact the relevant department directly to discuss any concerns or queries about your upcoming test, examination or operation.

If you would like this information in an easy to read format, large print, braille, different format or language, please contact the PALS team on 020 8869 5118 or email lnwh-tr.PALS@nhs.net. We will do our best to meet your needs.