

## **Diltiazem hydrochloride 2% Cream 30g**

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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 it is 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), thereby reducing the anal pressure and increasing the blood flow to the area to allow healing to occur.

### **How it the cream used?**

- Apply a small amount to your finger (approximately 2.5cm) and place the cream just inside the anus. A finger covering, such as cling film or a disposable glove may be used to apply the cream.
- Use the cream twice a day (morning and evening) or as directed by your doctor. Wash hands after use and dispose of finger covering appropriately.
- 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.

### **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 the medicines**

- Do not store or use the cream after four weeks of opening.
- Keep all medicines out of the sight and reach of children
- Store between 2-8<sup>0</sup>c in a refrigerator, away from direct heat and light
- Do not share your medicine with anyone else.

### **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:** [www.nwlh-tr.medinfo@nhs.net](mailto:www.nwlh-tr.medinfo@nhs.net) (Patients & Visitors/Medicines Advice for Patients)

### **How to obtain further supply**

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 a few days notice before you run out.

There are a number of manufacturers that your pharmacist can obtain supplies from. At the moment the pharmacy orders the supplies from UL medicines, Hampton House, Regal Way, Watford, Hertfordshire, WD24 4YJ, Tel: 01923 204 333 Fax: 01923 251 999

However supplies can also be ordered from

- SLA Pharma A.G., Elite House, Hill Farm Industrial Estate, Leavesden, Watford, WD25 7SA, Tel: 01923 681 001 Fax: 01923 681 221 or
- Northwick Park Hospital, Watford Road, Harrow, Middlesex, HA1 3UJ

PALS is a confidential service for people who would like information, help or advice about the services provided by any of our hospitals. Please call 0800 783 4372 between 9am and 5pm or e-mail [Nwlh-tr.PALS@nhs.net](mailto:Nwlh-tr.PALS@nhs.net).

**For a translation of this leaflet or for an English version in large print, audio or Braille please ask a member of staff or call 0800 783 4372**