



# ClindaBenz<sup>®</sup>

## ACNE-TREATMENT KIT

ClindaTech<sup>®</sup> Topical Solution  
Clindamycin Hydrochloride 1%w/v

BenzoTech<sup>®</sup> Gel  
Benzoyl Peroxide 5%w/w

### CONSUMER MEDICINE INFORMATION

#### WHAT IS IN THIS LEAFLET

Read this leaflet carefully before you start ClindaBenz Acne-Treatment, even if you have used ClindaBenz before. This leaflet answers some common questions about ClindaBenz. It does not contain all the available information. It does not take the place talking to your doctor or pharmacist. All medicines have risks and benefits. Your doctor has weighed the risks of you using ClindaBenz against the benefits this medicine is expected to have for you. If you have any concerns about using ClindaBenz, ask your doctor or pharmacist. Keep this leaflet with your medicine. You may need to read it again.

#### WHAT CLINDABENZ IS USED FOR

ClindaBenz is an acne treatment kit consisting of ClindaTech Topical Solution and BenzoTech Topical Gel in a unit carton. The kit is supplied through a doctor's prescription.

ClindaTech is a topical solution containing clindamycin hydrochloride and a moisturiser. Clindamycin belongs to a group of medicines called antibiotic. Topical clindamycin is used on the skin to treat certain forms of acne. It works by decreasing acne lesions and/or stopping the growth of skin bacteria which cause acne.

BenzoTech is a topical gel. The active ingredient is benzoyl

peroxide. It removes pimples by clearing blocked pores and by destroying those bacteria that are responsible for causing acne inflammation, limiting or eliminating their breakouts. It does not contain any alcohol, fragrance, dyes or parabens. The glycerol in the gel base moisturises dry irritated skin.

ClindaBenz Acne-Treatment is usually used by itself, but your doctor may prescribe other acne medications that are applied on the skin or taken by mouth. Your doctor may also prescribe ClindaBenz for another purpose. Therefore, ask your doctor if you have any questions why ClindaBenz has been prescribed for your conditions.

#### BEFORE YOU USE CLINDABENZ

##### WHEN YOU MUST NOT USE IT

Do not use ClindaBenz if:

- you have an allergy to clindamycin including those clindamycin medicines taken by mouth or injection.
- you have an allergy to benzoyl peroxide.
- you have an allergy to any ingredient listed in this leaflet.
- you have a history of inflammatory diseases of the intestines or the large bowel (colitis, including ulcerative colitis, colitis caused by antibiotics, pseudomembranous colitis, or enteritis).

**Do not use this medicine after the expiry date (EXP) printed on the pack.**

**Do not use this medicine if the packaging is torn or shows signs of tampering.** If it has expired or damaged, return it to your pharmacist for disposal.

##### BEFORE YOU START USING

Tell your doctor if:

- you have a history of stomach or intestinal diseases.
- you have any medical problems especially those affecting the liver or kidney.
- you are pregnant or plan on becoming pregnant during treatment.
- you are breast-feeding or plan to breast-feed.
- you are below 12 years old.
- you have very sensitive skin, eczema or psoriasis.
- you have any other skin disorders.

##### USING OTHER MEDICINES AND SKIN TREATMENTS

Tell your doctor or pharmacist if you are using any medicines or other skin treatments, especially:

- acne preparation(s);
- preparation(s) containing clindamycin;
- preparation(s) containing erythromycin or tetracycline;
- other antibiotic preparation(s);
- preparations containing an abrasive agent (e.g. resorcinol, sulphur, benzoyl peroxide, tretinoin or salicylic acid);
- skin preparations containing high concentration of alcohol (e.g. astringents, after-shave lotion).

Your doctor or pharmacist can help you avoid products that may cause problems. **If you have forgotten to discuss with your doctor or pharmacist about any of these things, tell them before you start using ClindaBenz Acne-Treatment.**

#### USING CLINDABENZ

Follow exactly the instructions of your doctor about when and how to use ClindaBenz Acne-Treatment.

##### WHEN TO USE CLINDABENZ ACNE-TREATMENT

Apply BenzoTech Gel in the morning and ClindaTech Topical Solution in the evening, or as directed by your doctor.

##### HOW MUCH TO USE

Apply sparingly to the acne skin.

##### HOW TO APPLY CLINDATECH SOLUTION

**Carefully follow the exact instructions given to you by your doctor or pharmacist.** These may differ from the information contained in this leaflet.

Before applying this medicine, wash the affected areas thoroughly with a soap-free cleanser, rinse well and pat dry. Shave if needed. Remove any make-up or cosmetics.

Since the medicine contains alcohol, it may irritate freshly washed or shaved skin in some patients having sensitive skin. After washing or shaving, allow 15 to 30 minutes before applying the solution.

ClindaTech is supplied in a bottle with a dabber applicator, which should be used to apply the medicine directly to the skin.

Using the dabber, apply a thin film to the skin areas being affected as well as those areas likely to be affected by acne, not just to the pimples themselves. Be careful to avoid applying to open wounds, inflamed skin, eyes or mucous membranes.

Tilt the bottle and press the tip firmly against your skin. Using a dabbing motion instead of a rolling motion, allow the solution to

flow through the applicator tip onto the skin. If the flow is too slow, increase the pressure slightly until the solution flows more freely. If the applicator tip becomes dry, turn the bottle upside down and press the tip several times to moisten it.

Wash hands thoroughly with water after each application.

##### HOW TO APPLY BENZOTECH GEL

**Carefully follow the exact instructions given to you by your doctor or pharmacist.** These may differ from the information contained in this leaflet. Usually the application is as follows:

- Wash the affected areas with a mild soap or a soap-free cleanser (e.g. DermaVeen Wash). Rinse well with lukewarm water. Pat dry with a soft towel, do not rub.
- Apply a thin layer of gel just enough to cover the affected skin.
- Initial 3-4 days: Apply once, leave on the skin for two hours, then wash off with water.
- Subsequent 3-4 days: Observe whether the skin adapts well to the medication. If no skin discomfort has been felt after the two-hour application, leave on for four hours and wash off with water.
- After the first week: If the skin continues to adapt well without any unusual discomfort, extend the duration of application throughout the day and wash off in the evening before the next application.

During the early weeks of treatment, you may experience feeling of warmth or mild stinging, followed by some redness or flaking of the affected skin. This is normal especially during the initial days, and is related to the therapeutic action of benzoyl peroxide on the acne lesions. However, do not progress to the next stage if the discomfort bothers you.

If excessive skin reactions occur during treatment, you may need to adjust the application schedule to alternate days or temporarily discontinue treatment until your skin accommodates. Therefore contact your doctor or pharmacist immediately if you notice any unusual symptoms during treatment.

##### HOW LONG TO USE CLINDABENZ ACNE-TREATMENT

Your doctor will decide on the best treatment according to your skin conditions and response. **Do not apply more often, or for a longer time than what your doctor has told you.**

At each visit, your doctor will see how your skin has responded to treatment. Follow carefully the instructions of your doctor and keep using this medicine for the entire course of treatment even if

the pimples clear up after a few days. If your acne does not improve after a few weeks, or if it becomes worse, check with your doctor or pharmacist.

After 2-3 weeks you would begin to see some improvement, but it may take 8-12 weeks before definite benefits can be seen. Continue with the treatment even if you do not see any immediate improvement, and do not stop treatment at the first signs of improvement.

#### IF YOU FORGET TO APPLY CLINDABENZ

Apply the medicine as soon as you remember, and then go back to use it as you would normally. If it is almost time for your next application, skip the dose that you missed and go on to the next application. Do not apply double dose.

It is important that you do not miss any dose of your topical antibiotic. Ask your pharmacist for some guidance if you have trouble remembering when to apply your medicines.

#### IF YOU HAVE USED TOO MUCH (OVERDOSE)

If you have applied too much, wipe off immediately any excess applied. You may get severe skin irritation with redness, peeling, blistering and itching with excessive use. If you experience any unusual flare-up following excessive application, stop the treatment and contact your doctor.

#### IF YOU HAVE SWALLOWED CLINDABENZ

**Do not take these medicines by mouth.**

If you or someone else accidentally swallows some ClindaBenz, immediately telephone your doctor or the Poisons Information Centre (13 11 26 in Australia; 0800 764 766 in New Zealand) for advice, or go to Accident and Emergency at your nearest hospital. Do this even if there are no signs of discomfort or poisoning. The person who has swallowed ClindaBenz may need urgent medical attention.

#### WHILE YOU ARE USING CLINDABENZ

##### THINGS YOU MUST DO

- Follow your doctor's or pharmacist's instructions carefully.
- Tell your doctor if you become pregnant while using ClindaBenz.
- If you are about to start taking a new medicine, tell your doctor or pharmacist that you are using ClindaBenz.

##### THINGS YOU MUST NOT DO

- **Do not swallow these medicines.**
- **Do not use on open wounds.**
- **Do not apply to the eyes, around eyelid areas, mouth, lips, mucosa or angles of the nose.** If the medicine does get in the eyes, wash them out immediately but carefully with large amounts of cool, clean water. If the eyes still burn or become painful, contact your doctor immediately.
- **Do not apply more often or for longer time than what your doctor told you.**

##### THINGS YOU MUST BE CAREFUL OF

###### Dry Skin

If your skin becomes unnaturally dry or irritated even under normal use, check with your doctor or pharmacist about adjusting the doses or temporarily discontinue application.

###### Skin Medications

**Do not use any skin preparations or medicated dressings on the same affected areas where you have applied ClindaBenz** unless your doctor advised you to do so. If your doctor has prescribed another medicine for applying on the skin, check with your doctor or pharmacist when and how you should apply these medicines.

###### Abrasive/Alcoholic Preparations

**Avoid using any harsh soap, peeling agents** (e.g. resorcinol, salicylic acid) or preparations that contain high concentration of alcohol (astringents).

###### Cosmetics

Check with your doctor or pharmacist which cosmetics and perfumed toiletries you can use. Use a mild bland soap, or any suitable soap-free cleansers as advised by your pharmacist. It is best not to use cosmetics too heavily or too often because this may make your acne worse. **Wash off any cosmetics every time before you apply ClindaBenz.**

###### Sunlight / Sunlamp

**Avoid exposing the treated areas to excessive sunlight or a sunlamp** during treatment because the skin may be more likely to sunburn.

If exposure to excessive sunlight cannot be avoided while you are undergoing treatment, use a high SPF sunscreen or put on protective cap or clothing.

##### High Altitude / Snowfields

**Avoid using at high altitudes** or where the ground is snow covered as some people become more sensitive to benzoyl peroxide treatment under these conditions.

##### Dyed Hair / Fabrics

BenzoTech (similar to other products that contain benzoyl peroxide) may bleach hair, dyed fabrics or linens. Be careful to avoid contact.

#### SIDE EFFECTS

Along with its needed therapeutic effects, a medicine may cause unwanted effects. Sometimes they are serious, most of the time they are not. If they do occur they may need medical attention. Do not be alarmed by the possible side effects listed below. You may not experience any of them. Check with your doctor or pharmacist as soon as possible if you have any problems while you are applying the medicines. Do this even if you do not think these problems are related to the medicine or are not listed in this leaflet. **Tell your doctor if you experience any of the following side effects and they continue to worry you:**

- dry skin
- peeling
- redness
- rash or itching
- oiliness
- skin irritation
- stinging or burning feeling
- mild stomach upset

**Stop applying ClindaBenz and tell your doctor immediately if you have any of the following** as you may need urgent medical care:

- allergic reaction
- watery diarrhoea
- bloody diarrhoea
- abdominal or stomach cramps
- nausea or vomiting

**Do not take any diarrhoea medicines without first checking with your doctor.**

Other side effects not listed in this leaflet may occur in some patients. It is important that you tell your doctor or pharmacist about anything unusual that you experience, even if it is not mentioned in this leaflet.

#### AFTER USING CLINDABENZ

##### STORAGE

- Keep ClindaBenz in a cool dry place below 25°C. Do not freeze.
- Do not expose it to excessive heat and direct light.
- Do not leave it in the car on hot days.
- Keep it where children or pets cannot reach it.

##### DISPOSAL

Do not keep outdated medicine or medicine no longer in use. Ask your pharmacist what to do with any unused medicines. Ensure that any discarded medicines are out of reach of children or pets.

#### PRODUCT DESCRIPTION

##### WHAT IT LOOKS LIKE

ClindaBenz Acne-Treatment Kit consists of a bottle of ClindaTech Topical Solution and a tube of BenzoTech Gel, packed in a unit carton with a leaflet. ClindaTech Topical Solution is a clear alcoholic solution. BenzoTech Gel is a smooth water based gel. ClindaBenz® Australian Registration Number: AUST L 130962 ClindaTech® Australian Registration Number: AUST R 66687 BenzoTech® Australian Registration Number: AUST R 11 7598

##### WHAT IT CONTAINS

ClindaTech contains clindamycin hydrochloride 1% (active ingredient), alcohol, dioctyl malate and purified water.

BenzoTech contains benzoyl peroxide 5% in a water based gel of purified water, glycerol, carbomer, sodium C<sub>14</sub>-C<sub>16</sub> olefin sulfonate, disodium edetate, sodium hydroxide and citric acid.

##### SPONSOR

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