



Blistex®

COLD SORE CREAM

docosanol



Marketing Approved

Read all this leaflet carefully before you start using this medicine because it contains important information for you. Always use this medicine exactly as described in this leaflet or as your doctor or pharmacist has told you.

- Keep this leaflet. You may need to read it again.
- This medicine is intended for recurrent cold sores only. If you have not previously had a cold sore or if you are unsure if the lesion (sore) is a cold sore, you should consult your doctor or pharmacist.
- To be effective, treatment with Blistex Cold Sore Cream must start in the early stages of a cold sore before the cold sore has progressed to a blister or ulcer-like appearance.
- If you have a weakened immune system and you develop a cold sore, do not use this medicine and consult your doctor or pharmacist.
- If you experience any side effects, consult your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.
- You must stop using the cream and contact a doctor if your symptoms worsen or do not improve after 10 days.

In this leaflet:

1. What Blistex Cold Sore Cream is and what it is used for
2. What you need to know before you use Blistex Cold Sore Cream
3. How to use Blistex Cold Sore Cream
4. Possible side effects
5. How to store Blistex Cold Sore Cream
6. Contents of the pack and other information

1. WHAT BLISTEX COLD SORE CREAM IS AND WHAT IT IS USED FOR

Blistex Cold Sore Cream contains the active substance docosanol, an anti-viral. This is for the treatment of early stages of recurrent cold sores on the lips for adults and adolescents (aged 12 years and over).

To be effective, treatment with Blistex Cold Sore Cream must start in the early stages of a cold sore before the blisters appear on the lips. Start using Blistex Cold Sore Cream as soon as you get any of the symptoms of a cold sore such as redness, itching, pain, tingling or prickling.

Continue using until the cold sore is healed, usually 4-6 days.

2. WHAT YOU NEED TO KNOW BEFORE YOU USE BLISTEX COLD SORE CREAM

Do not use Blistex Cold Sore Cream

! If you are allergic (hypersensitive) to docosanol or any of the other ingredients in the cream listed at the end of this leaflet (see section 6).

! Should only be used for cold sores on the mouth and face.

X Must not be used to treat genital herpes infections or herpes infections of the eyes.

! To avoid spreading the infection, wash hands thoroughly before and after treatment, particularly when the sore is visible (see section 3).

! If the recurrent cold sore is particularly severe, consult your doctor or pharmacist.

Warnings and precautions

! Blistex Cold Sore Cream is intended for use on the skin only. Avoid getting the cream in or close to your eyes as this may cause irritation. If you accidentally get cream in your eyes rinse them thoroughly with plenty of water.

X Do not use this product if you have been told you have a weakened immune system (if your immune system's ability to fight infectious disease is known to be reduced, e.g. by serious illness such as leukaemia or HIV infection or if you have had an organ transplant). If you have a weakened immune system and you develop a cold sore, consult your doctor or pharmacist immediately.

X Do not apply the cream if the cold sore has already formed a blister or ulcer like appearance.

! Blistex Cold Sore Cream contains propylene glycol which can cause skin irritation.

Children

! Children under 12 years should not use Blistex Cold Sore Cream.

Other medicines and Blistex Cold Sore Cream

It is unlikely that Blistex Cold Sore Cream affects, or is affected by, other medicines since Blistex Cold Sore Cream is intended for use on the skin only, however do not apply other cold sore medicines whilst using Blistex Cold Sore Cream.

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Ask your doctor or pharmacist if you have any questions regarding how Blistex Cold Sore Cream is affected by, or affects, other medicines.

Pregnancy and breast-feeding

Blistex Cold Sore Cream can be used during pregnancy and breast-feeding.

Driving and using machines

Blistex Cold Sore Cream has no effect on driving or using machines.

3. HOW TO USE BLISTEX COLD SORE CREAM

Adults and adolescents aged 12 years and over

Start treatment as soon as you notice the first symptoms or signs of a cold sore, for instance itching, stinging, burning or prickling in the affected area.



- Wash your hands thoroughly before and after treatment to avoid spreading the infection.



- Apply a thin film carefully over the entire cold sore 5 times a day. (Approximately every 3 hours during waking hours).



- Use a fingertip or, preferably, a cotton bud and avoid touching the end of the tube after you have touched the cold sore.



- Continue treatment until healing is complete, usually between 4-6 days.

- If you notice no difference after 10 days or if your symptoms worsen, you should stop the treatment and contact your doctor.
- Remember that Blistex Cold Sore Cream is your medicine. Do not lend the tube to anyone as you risk spreading the infection to others.

Children under 12 years of age

Children under 12 years should not use Blistex Cold Sore Cream.

If you use more Blistex Cold Sore Cream than you should

No serious problem should arise if you have used a large amount of the cream on your skin. No special treatment is necessary.

If you forget to use Blistex Cold Sore Cream

If you forget to use Blistex Cold Sore Cream, use it as soon as you remember.

If you have any further questions on the use of this product, ask your pharmacist.

4. POSSIBLE SIDE EFFECTS

Like all medicines, Blistex Cold Sore Cream can cause side effects, although not everybody gets them.

For the frequency of occurrence of side effects, the following phrases are used: very common (may affect more than 1 in 10 people) and common (may affect up to 1 in 10 people).

Very common:
Headaches.

Common:

Skin disorders, including dry skin, skin rashes and facial swelling occurring where the cream has been applied.

If a more severe skin reaction occurs you should cease treatment, and if the problem does not disappear you should contact your doctor.

Reporting of side effects

If you experience any side effects, consult your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at www.mhra.gov.uk/yellowcard.

By reporting side effects you can help provide more information on the safety of this medicine.

5. HOW TO STORE BLISTEX COLD SORE CREAM

Keep this medicine out of the sight and reach of children.

Do not use Blistex Cold Sore Cream after the expiry date which is stated on the carton as "Expiry date month/year". The expiry date refers to the last day of that month.

The cream is stable for 6 months after first opening the tube. Once opened any unused cream must be discarded after 6 months.

Do not store above 25°C.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help to protect the environment.

6. CONTENTS OF THE PACK AND OTHER INFORMATION

What Blistex Cold Sore Cream contains

The active substance is docosanol. One gram of cream contains 100mg docosanol.

The other ingredients are sucrose stearates, light mineral oil, propylene glycol, benzyl alcohol and purified water.

What Blistex Cold Sore Cream looks like and contents of the pack

Blistex Cold Sore Cream is a white cream. It is available in a pack size of 2g.

Marketing Authorisation Holder

Blistex Limited, 7 Pilgrim Street, London, EC4V 6LB, UK

Manufacturer

Dendron Brands Limited, 94 Rickmansworth Road, Watford, Hertfordshire, WD18 7JJ, UK

Other sources of information

To listen to or request a copy of this leaflet in Braille, large print or audio, please call the RNIB free of charge on 0800 198 5000 (UK only).

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