EPIDUO® Gel
Adapalene 0.1% / benzoyl peroxide 2.5%

What is in this leaflet

This leaflet answers some common questions about EPIDUO. Please read this leaflet carefully before you start using the gel. It does not contain all the information available on this medicine. It does not take the place of talking to your doctor or pharmacist.

All medicines have risks and benefits. Your doctor has weighed the risks of you using EPIDUO against the benefits expected it will have for you. If you have concerns about using this medicine ask your doctor or pharmacist.

Read all of this leaflet carefully before you start using this medicine.
- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- This medicine has been prescribed for you. Do not pass it on to others. It may harm them even if their symptoms are the same as yours.
- If any of the side effects gets serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

What EPIDUO is and what it is used for

EPIDUO is used for the treatment of acne. It combines two active ingredients, Adapalene and Benzoyl peroxide which work together but in different ways. It is used on the face, chest or back.

Adapalene is a topical retinoid. Its main actions are to normalise skin cell development, prevent pores from being blocked (anticomedogenic) and promote skin renewal (comedolytic).

Benzoyl peroxide kills bacteria (antibacterial) and works by softening and peeling the outer layer of the skin (comedolytic).

Adapalene and benzoyl peroxide work together to rapidly reduce inflammation.

Before you use EPIDUO

**PLEASE BE AWARE THAT EPIDUO CONTAINS BENZOYL PEROXIDE WHICH MAY CAUSE BLEACHING AND DISCOLORATION TO HAIR AND DYED FABRICS**

**Do not use EPIDUO**
- if you are hypersensitive (allergic) to benzoyl peroxide, to adapalene or to any of the other ingredients of EPIDUO;
- on areas where you have cuts or scrapes;
• in children below 12 years of age.

**Take special care with EPIDUO**

- if you plan to become pregnant;
- when using EPIDUO on the face, don’t get it into your eyes, mouth or nostrils, and avoid other very sensitive areas of the body;
- other acne products (containing benzoyl peroxide and / or retinoids) should not be used with EPIDUO;
- avoid excessive exposure to sunlight and UV lamps.

**Pregnancy and breast-feeding**

EPIDUO should not be used during pregnancy. If you fall pregnant while using EPIDUO, the treatment must be discontinued and you should inform your doctor as soon as possible for further follow-up.

Do not apply EPIDUO onto your chest if you are breast-feeding.

Ask your doctor or pharmacist for advice before taking any medicine.

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**Using EPIDUO**

Always use EPIDUO exactly as your doctor has told you. You should check with your doctor or pharmacist if you are not sure.

Cleanse the skin before applying EPIDUO – a non-soap cleanser is useful. The skin should be dry before application.

Apply a thin film of gel evenly over the acne affected area(s) once a day. If applying to the face, avoid the eyes and lips.

Wash your hands afterwards.

If you feel that the effect of EPIDUO is too strong or too weak, talk to your doctor or pharmacist.

If you experience irritation when applying EPIDUO, a moisturiser applied daily may help reduce this sensation. If symptoms persist, speak to your doctor or pharmacist. You may be asked to use the gel less often or to stop for a short time.

**If you use more EPIDUO than you should:**

If you use more EPIDUO than you should on your skin, you will not get rid of your acne quicker, but your skin may become irritated and red.

**If you forget to use EPIDUO:**

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

**Overdose**
**Possible side effects**

Like all medicines, **EPIDUO** can cause side effects, although not everybody gets them.

If skin irritation appears after the application of **EPIDUO**, the intensity is generally mild or moderate with some local symptoms (redness, dryness, scaling and burning) peaking during the first two weeks and then subsiding.

**EPIDUO** may occasionally cause some unwanted effects at the site of application.

Common side effects (occur in less than 1 in 10 patients)
- dry skin
- irritative contact dermatitis (local allergic reaction)
- burning sensation

Uncommon side effects (occur in less than 1 in 100 patients)
- sunburn
- itching

If any of the side effects gets serious or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

**After using EPIDUO**

Keep out of the reach and sight of children.

Do not use **EPIDUO** after the expiry date which is stated on the carton. The expiry date refers to the last day of that month.

Store at a temperature below 25°C. Do not refrigerate.

Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

**Product Description**

**What EPIDUO contains**

**EPIDUO** contains the active ingredients Adapalene (0.1%) and Benzoyl Peroxide (2.5%).

The gel also contains Docusate Sodium, Edetate Disodium, Glycerin, Poloxamer 124, Propylene Glycol (E1520), Simulgel 600PHA and Purified Water.

**What EPIDUO looks like and contents of the pack**
EPIDUO Gel is a white to very pale yellow opaque gel.

EPIDUO Gel is available on prescription from your doctor in plastic tubes containing 30g, 45g or 60g (not all pack sizes may be marketed).

Marketing Authorisation Holder
Distributed in New Zealand by:
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