

Looking for Support & Help?

Living with hand eczema can affect people differently. Here are some organisations that can support you on your journey of managing and living with your hand eczema.

THE ECZEMA ASSOCIATION OF NEW ZEALAND

The Eczema Association of New Zealand (EANZ) is a valuable source of knowledge and advice on a wide range of issues associated with the management and treatment of hand eczema.

0800 300 182 / eczema.org.nz

ALLERGY NEW ZEALAND

Allergy New Zealand is a national membership-based, not-for-profit society whose primary role is to provide information, education and support to the many thousands of New Zealanders living with allergies, including those whose allergy manifests as Hand Eczema.

0800 340 800 / allergy.org.nz

Zematane^{*}
alitretinoin

Your guide to
getting the
best from
Zematane

FOR YOUR
HANDS

Zematane (alitretinoin 10 and 30 mg capsules) is a Prescription Medicine used for the treatment of severe chronic hand eczema that has not improved after topical treatments with steroids. **Caution:** Alitretinoin can cause birth defects. Do not use if pregnant. Do not become pregnant during treatment or within one month after stopping treatment. Use effective, reliable contraception. Do not use if breastfeeding. Do not use if you have kidney disease, thyroid disease or if you have diabetes. Zematane has risks and benefits. Ask your doctor if Zematane is right for you. Use strictly as directed. If symptoms persist, see your doctor. Zematane is an unfunded medicine, a prescription charge and doctor's fees will apply. For more information read the consumer medicine information available at www.medsafe.govt.nz. Douglas Pharmaceuticals Ltd, Auckland. TAPS MR8434. INSIGHT 11745. Item No. 811809

^{*}Zematane is a registered trademark in New Zealand and other countries.

Your doctor has prescribed Zematane to help relieve your hand eczema

Zematane is used to treat adults who have severe chronic hand eczema unresponsive to treatment with potent topical corticosteroids. Patients with chronic hand eczema that presents as, dry, less inflamed skin, with less well-defined features are more likely to respond to treatment than patients experiencing pompholyx (intensely itchy skin-coloured blisters) on the palms and sides of the hands and fingers.

How does Zematane work?

Hand Eczema can be due to a combination of causes:

Genetic and unknown factors

Injury

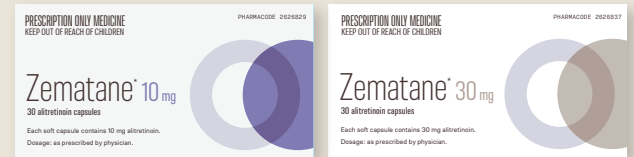
Immune reactions

Some of the symptoms of Chronic Hand Eczema include:

Dryness and scale

Skin thickening and becoming leathery

Zematane has anti-inflammatory effects and actions that influence immune responses relevant to skin inflammation. These effects serve to relieve your skin's inflammation and the symptoms described above.



What is in Zematane?

Zematane 10 mg capsules are light brown, oval soft gelatin capsules containing allitretinoin, soya bean oil refined, soya bean oil partly hydrogenated, hydrogenated vegetable oil, glycerol monostearate, medium chain triglycerides, Vitamin E, gelatin, glycerol, liquid sorbitol, titanium dioxide and yellow, red and black iron oxide.

Zematane 30 mg capsules are yellow, oval soft gelatin capsules containing allitretinoin, soya bean oil refined, soya bean oil partly hydrogenated, hydrogenated vegetable oil, glycerol monostearate, medium chain triglycerides, Vitamin E, gelatin, glycerol, liquid sorbitol, titanium dioxide and yellow iron oxide.

How often should I use Zematane?

Your doctor will tell you how to use Zematane for your specific situation. If you have any questions, please contact your doctor, nurse or pharmacist - they'll be happy to help.

HOW MUCH TO TAKE

The dose is either 10 mg or 30 mg once daily. If your body cannot tolerate the recommended 30 mg dose, you may be prescribed the lower 10 mg dose. **Follow all directions given to you by your doctor or pharmacist carefully.** Your doctor may have prescribed a different dose. **Ask your doctor or pharmacist if you are unsure of the correct dose for you.** If you take the wrong dose, Zematane may not work as well and your problem may not improve.

HOW AND WHEN TO TAKE ZEMATANE

Zematane should be taken with a main meal. The capsules should be swallowed whole with a glass of water and not chewed. Take Zematane preferably at the same time each day.

WHEN MIGHT I NOTICE AN IMPROVEMENT IN MY HAND ECZEMA?

A course of treatment usually lasts for 12 to 24 weeks depending how your condition gets better. If your first treatment was successful, your doctor may prescribe another course of treatment if symptoms return.

IF YOU FORGET TO TAKE IT

If you miss a dose, take it as soon as you can. However, if it is nearly time for your next dose, skip the missed dose and carry on as before. **Do not take a double dose to make up for the dose that you missed.** This may increase the chance of unwanted side effects.

Do not give this medicine to someone else.

If you are not sure what to do, ask your doctor or pharmacist.

Some important notes

Before you start to take Zematane, tell your doctor if **you are pregnant or intend to become pregnant.**

This medicine can seriously harm an unborn baby (the medicine is said to be "teratogenic"). It can cause serious abnormalities of the unborn baby's brain, face, ear, eye, heart and certain glands. It also makes a miscarriage more likely. This may happen even if alitretinoin is taken only for a short time during pregnancy. You must not get pregnant for one month after stopping this treatment because some medicine may still be left in your body.

Women who could get pregnant are prescribed Zematane under strict rules. This is because of the risk of serious harm to the unborn baby. These may include:

- Your doctor has explained the risk of harm to the unborn baby - you must understand why you must not get pregnant and what you need to do to prevent getting pregnant.
- You have talked about contraception (birth control) with your doctor. The doctor will give you information how not to get pregnant.
- Before you start treatment, your doctor may ask you to take a pregnancy test. The test must show that you are not pregnant when starting treatment with Zematane.
- You must agree to use at least one very reliable method of contraception (for example an intrauterine device or contraceptive implant) or two effective methods that work in different ways (e.g, a hormonal contraceptive pill and a condom).
- You must use contraception for a month before taking Zematane, during treatment and for a month afterwards.
- You must use contraception even if you do not have periods or you are not sexually active (unless your doctor decides this is not necessary).

PROTECT YOUR SKIN WHEN YOU ARE IN THE SUN

Zematane may cause your skin to be more sensitive to sunlight. So, if you are outdoors, it is important to wear protective clothing and use a SPF 30+ or higher sunscreen.

TELL YOUR DOCTOR IF:

You are breastfeeding or planning to breastfeed. The medicine is likely to pass into your milk and may harm your baby.

You have ever had any kind of mental health problems. This includes depression, aggressive tendencies, or mood changes. It also includes thoughts about hurting yourself or ending your life. This is because your mood may be affected while taking Zematane.

You have kidney disease. Zematane is not recommended for people with moderate kidney disease. If you have kidney disease – check with your doctor that Zematane is suitable for you.

You have high blood fats. You may need blood tests more often. Zematane commonly increases blood fats, such as cholesterol or triglycerides. If your blood fats stay high, your doctor may lower your dose, or take you off Zematane.

You have high blood sugar (diabetes). Your blood sugar levels may need to be checked more often.

You have been suffering from thyroid disease. Zematane may lower your thyroid hormone levels.

You have allergies to: Any other medicines. Any other substances, such as foods, preservatives or dyes.

TELL YOUR DOCTOR OR PHARMACIST IF YOU NOTICE ANY OF THE FOLLOWING AND THEY WORRY YOU:

Headache

Raised blood fats such as triglycerides and cholesterol

Thyroid problems

Eye problems such as dry and irritated eyes

Persistent noise in the ears (tinnitus)

Dizziness

Flushing, high blood pressure

Feeling sick (nausea), being sick (vomiting), dry mouth

Muscle pain, joint pain, lack of energy (fatigue)

Dryness of the skin, especially of the face, dry and inflamed lips, redness of the skin, itchy skin rash, inflamed skin, hair loss.

TELL YOUR DOCTOR AS SOON AS POSSIBLE IF YOU NOTICE ANY OF THE FOLLOWING SYMPTOMS:

Altered mood, anxiety, feelings of emotional discomfort

Depression

Existing depression worsening

Unusual behaviour e.g., becoming aggressive

Having thoughts or feelings about harming yourself

A loss of contact with reality, such as hearing voices or seeing things that are not there.

IF ANY OF THE FOLLOWING HAPPEN, STOP TAKING ZEMATANE AND TELL YOUR DOCTOR IMMEDIATELY, OR GO TO ACCIDENT AND EMERGENCY AT YOUR NEAREST HOSPITAL:

Swelling of the face, lips, mouth or throat which may cause difficulty in swallowing or breathing; hives; fainting. These are very serious side effects. If you have them, you may have had a serious allergic reaction to Zematane. You may need urgent medical attention or hospitalisation. These side effects are very rare.

Severe stomach (abdominal) pain, with or without bloody diarrhoea, feeling sick (nausea) and being sick (vomiting). **Stop taking Zematane immediately and contact your doctor. These can be signs of serious gut conditions.**

These may be serious side effects of Zematane. You may need urgent medical attention. Serious side effects are uncommon. **Tell your doctor if you notice any other effects.** Other adverse effects not listed above may also occur in some patients.

COMMON QUESTIONS ABOUT ZEMATANE

People often have questions about the medicines that they're using. If your question is not listed below, please talk to your doctor, nurse or pharmacist - they'll be happy to help.

I'M ON OTHER MEDICATIONS. DO I STILL CONTINUE TAKING THESE?

Talk to your doctor about the other medicines you are using. Also, if you are about to be started on any new medicine, tell your doctor and pharmacist that you are using Zematane as it may affect those medicines.

CAN I DRIVE WHILE TAKING ZEMATANE?

Decreased night vision has been reported in patients treated with alitretinoin and other retinoids. Take care when driving or operating machines.

CAN I DONATE BLOOD WHILE TAKING ZEMATANE?

Do not donate blood during therapy and for one month following discontinuation of alitretinoin because of the potential risk to the foetus of a pregnant transfusion recipient.