

Doublebase™ Emollient Wash Gel

isopropyl myristate, liquid paraffin

Please read all of this leaflet carefully before you start using this medicine.

Keep this leaflet. You may need to read it again.

Ask your doctor, nurse or pharmacist if you need more information or advice.

In this leaflet:

1. What Doublebase Emollient Wash Gel is and what it is used for
2. Before you use Doublebase Emollient Wash Gel
3. How to use Doublebase Emollient Wash Gel
4. Possible side effects
5. How to store Doublebase Emollient Wash Gel
6. Further information
7. General advice on looking after dry skin conditions

1. WHAT DOUBLEBASE EMOLLIENT WASH GEL IS AND WHAT IT IS USED FOR

- This product is a treatment for you to use whenever you wash. It has been developed for use instead of soaps (bars and liquids) and cleansers, both of which may irritate dry skin.
- It helps treat and prevent dry or chapped skin conditions that may also be itchy, red and sore. Common examples include:
 - occupational hand dermatitis (due to frequent hand-washing, or repeated contact with water or chemicals such as cleaning or hair products)
 - eczema and other types of dermatitis
 - psoriasis (scaly, pink patches of skin)
 - elderly pruritus (itchy skin due to ageing)
 - ichthyosis (unusually scaly skin)
- Doublebase Emollient Wash Gel is suitable for **all age groups**, including babies.
- The **active ingredients** in this product are isopropyl myristate and liquid paraffin. These are known as **emollients**.
- This "soap substitute" product is specifically designed to be non-foaming and is fragrance free. When used as part of your normal washing routine it helps to:
 - cleanse, soften, moisturise and protect your skin by trapping in moisture and restoring the normal protective function of the skin.
 - prevent the skin-drying and irritant effects that can be caused by washing and by the soaps, foaming additives and fragrances used in ordinary cleansing products.
 - prevent 'flare-ups' of your skin condition.
- This product can be used in addition to any other emollients or treatments your doctor, pharmacist or nurse may have given or prescribed for you to treat your dry skin condition.

2. BEFORE YOU USE DOUBLEBASE EMOLLIENT WASH GEL

Do not use Doublebase Emollient Wash Gel if you are **allergic** (hypersensitive) to isopropyl myristate, liquid paraffin or any of the ingredients listed in Section 6.

Take special care when using this product

If you decide to use this product in the bath or shower, it can make the surfaces slippery, so:

- be careful to avoid slipping over when getting into and out of your bath or shower (eg by using a shower or bath mat).
- after use, clean out the bath/shower tray with a suitable detergent to remove any remaining greasiness (wearing protective gloves to avoid irritating your hands).

Using other medicines

This product is not known to affect, or to be affected by, other medicines.

Pregnancy and breast-feeding

This product can be used during pregnancy and while breast-feeding. The ingredients have been in widespread use in this and similar preparations for many years, without reports of problems. However, safety trials have not been conducted.

3. HOW TO USE DOUBLEBASE EMOLLIENT WASH GEL

This product is only for application to the skin. Use this product as part of your normal washing routine, instead of your ordinary soap (bar or liquid) or cleanser. For maximum benefit you should use it whenever you wash (including routine hand washing).

Before using this product, turn the top of the pump dispenser anti-clockwise to unlock it.

- Wash with this product in the same way as you would with any liquid soap.
- Use it with a gentle washing action. The product will not foam or lather as you wash.
- Rinse off (you should still be able to feel the product coating the skin).
- Pat the skin dry with a soft towel (avoid rubbing as this can make dry skin conditions worse).

If you forget to use Doublebase Emollient Wash Gel

Do not worry if you occasionally forget to use this product, just carry on using it the next time you wash.

4. POSSIBLE SIDE EFFECTS

Like all medicines, Doublebase Emollient Wash Gel can cause side effects, although not everybody gets them. This product has been specially designed for use on dry or problem skin. However, in rare cases it can cause skin irritation (mild rashes) or allergic skin reactions on extremely sensitive skin. These rare effects tend to occur during or soon after the first few uses.

Stop using this product and **tell** your doctor, nurse or pharmacist:

- if your skin condition seems to look or feel worse.
- if any of the side effects get serious, or you notice any other side effects not mentioned in this leaflet.

If this product is accidentally **swallowed**, its oily ingredients may cause diarrhoea.

If this happens:

- treat the symptoms as you would deal with any case of diarrhoea.
- drink plenty of water.
- **do not attempt to cause vomiting.**

5. HOW TO STORE DOUBLEBASE EMOLLIENT WASH GEL

- Keep out of the reach and sight of children.
- Do not use Doublebase Emollient Wash Gel after the expiry date shown on the container. The expiry date refers to the last day of that month.
- Do not store above 25°C.
- Do not freeze the product.
- After using the product, it is advisable to turn the top of the pump dispenser clockwise to lock it.

6. FURTHER INFORMATION

What Doublebase Emollient Wash Gel contains:

The **active ingredients** are **isopropyl myristate** (15% w/w) and **liquid paraffin** (15% w/w). The **other ingredients** are macrogol cetostearyl ether (cetomacrogol), glycerol, carbomer, sorbitan laurate, triethanolamine, phenoxyethanol and purified water.

What Doublebase Emollient Wash Gel looks like and contents of the pack

- The product is available in a plastic bottle with a pump dispenser containing 200 g of gel (25g packs are also available to the medical and allied professions.)
- The product is a white gel. It contains no dye or fragrance.

The Marketing Authorisation holder is Dermal Laboratories, Hitchin, Herts, SG4 7QR, UK.

The Manufacturer is Aeropak, Viking Road, Great Yarmouth, NR31 0NU, UK.

This leaflet was last revised in August 2011.

7. GENERAL ADVICE ON LOOKING AFTER DRY SKIN CONDITIONS

- Try to avoid using normal soaps or cleansing products (even those labelled “moisturising”). This is because they tend to dry and irritate the skin. Avoid using products containing fragrances, as these can also cause skin problems. You should try to use a fragrance-free emollient “soap substitute” instead. This type of product will not foam or lather but will be better for your dry skin condition.
- When washing, try to use warm, not hot, water as this could make dry skin conditions worse.
- Emollients help soften, moisturise and protect the skin. They play a central role in the treatment and management of dry skin conditions. For maximum effect, they should be applied regularly and as often as needed.

Breaking the itch-scratch cycle

Some dry skin conditions like eczema and dermatitis are itchy, and can be quite sore. Although scratching relieves the itching for a short while, it further damages the skin. Badly scratched skin easily gets infected. This makes it itchier and the urge to scratch becomes even greater. It is better if scratching can be avoided by reducing the itching. The regular use of emollients or moisturisers can help with this.

- You may find it helpful to contact NHS Direct (tel: 0845 4647) or a patient support group such as the National Eczema Society (tel: 0800 0891122, 8am - 8pm, Mon - Fri) for information about your skin condition.

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

Please be ready to give the following information:

Doublebase Emollient Wash Gel, 00173/0402.

This is a service provided by the Royal National Institute of Blind People.