**Patient information: Diltiazem 2% Cream**

Please read this leaflet carefully before you start using diltiazem hydrochloride 2% cream.

It contains important information about your treatment.

Keep it in a safe place as you may need to refer to it again.

If you have any questions or if you are unsure about anything, ask your doctor or pharmacist for advice.

For this treatment to work and to avoid future recurrence, it is important that you ensure your stools are soft and easy to pass.

This is best achieved by an increase in dietary fibre by eating a balanced diet containing whole grains, fruits, and vegetables. This should be done gradually to minimize flatulence and bloating.

Ensure that you have and adequate fluid intake. This is particularly important with a high fibre diet, to maintain soft, well-lubricated stools and to prevent intestinal obstruction.

If, despite the increased dietary fibre and fluid intake, you are still suffering from constipation, speak to your Pharmacist for medicines that may help.

**What is it used for?**

Diltiazem cream is used to promote the healing of the tear that has occurred in the skin around the anus (back passage) and reduce the symptoms of pain caused by the tear.

Diltiazem hydrochloride works by relaxing the muscle around the anus. Thereby reducing the anal pressure and increasing the blood flow to the area to allow healing to occur.

Your doctor will let you know how long you should continue treatment for. In most cases this will be for six to eight weeks. If your symptoms have not resolved during this time, you may need to go back to your doctor for a further review.

**How to use?**

Use the cream twice a day (morning and evening) or as directed by your doctor.

Apply a pea-sized amount on your finger and place the cream just inside the anus (around the anal verge).

A finger covering, such as cling film or a disposable glove may be used to apply the ointment.

Wash hands after use and dispose of finger covering appropriately.

Try to ensure you have opened your bowels before using the cream. This is so that the cream can be in contact with the rectal tissue for as long as possible.

**Side-effects**

All medicines have side effects, but they don’t occur in all people who take them.

Speak to your doctor or pharmacist if any of the following side effects continue or they become troublesome.

The most common unwanted effects are:

* Headaches - these will usually be mild and can be treated with simple painkillers (such as paracetamol). If the headache does not resolve or is unpleasant, please consult your pharmacist or doctor.
* Light-headedness or dizziness
* Local burning or itching or rectal bleeding

**How to store the medicines**

Store the cream in a refrigerator (between 2-8°C), away from direct heat and light

Do not store or use the cream after the expiry date.

Keep all medicines out of the sight and reach of children.

Do not share your medicine with anyone else, even if their symptoms appear similar to

yours.

Please note: This product is for external use only. DO NOT take it by mouth.

**Using an unlicensed medicine**

Diltiazem is not licensed for the treatment of anal fissure and diltiazem cream is made up as a ‘special’ medicine, so it is called an ‘unlicensed’ medicine.

It is licensed in the UK for the treatment of angina and hypertension, and is available as tablets and capsules to be taken orally (by mouth).

**Before starting treatment**

Please consider:

* Are you allergic to diltiazem or any other ingredients in this preparation (ask your community pharmacist for this information)?
* Are you pregnant or breastfeeding?
* Do you have any heart problems?
* Are you taking any medicines to reduce blood pressure?
* Are you taking other medicines containing diltiazem, for example to treat high blood pressure or other heart conditions?

If the answer to any of these questions is YES, please tell your doctor or pharmacist before using diltiazem 2% cream.

How to store the cream

**Will I need further supplies?**

Treatment with diltiazem 2% cream usually continues for six to eight weeks. As the cream has an expiry of four weeks once it has been opened. Your GP will prescribe with ONE tube and you can request another prescription two weeks later if you are tolerating the treatment to allow you to complete the course. If your symptoms have not resolved after the course is complete, you should go back to your GP for a review, unless you have a follow-up hospital appointment already booked.

**NHS 111**

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day. t: 111

**NHS Choices**

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health. w: www.nhs.uk