



This leaflet provides some useful information on your medicine. Please read it carefully before you start using the medicine. This leaflet does not contain all the information about your medicine. If you have any further questions or are not sure about anything, ask your pharmacist.

WHAT LAMISIL ONCE IS USED FOR

Lamisil Once is used to treat athlete's foot (tinea pedis). It works by killing the fungi which cause athlete's foot.

BEFORE YOU USE LAMISIL ONCE

Do not use Lamisil Once if you are allergic to terbinafine or to any of the other ingredients listed at the end of this leaflet.

Do not use it after the expiry date printed on the pack.

Do not use if the tube seal is missing or broken, or if the packaging is torn or shows signs of tampering.

Do not use if you are breastfeeding.

Do not use on children under 15 years of age.

Tell your doctor or pharmacist if you are pregnant or trying to become pregnant.

This medicine is not suitable to treat:

- long term fungal infection of the soles and heels of the feet with associated thickening and/or pronounced flaking of the skin

- fungal nail infection (fungus inside and under the nail), with discolouration of the nails and change in nail texture (thick, flaky).

If you think you may have these conditions, tell your doctor or pharmacist because you may need another medicine.

Only use Lamisil Once to treat the skin of your feet.

Be careful not to get it on your face, near your eyes or in the mouth.

In case of accidental contact with the eyes, rinse the eyes thoroughly with running water and see your doctor if any symptoms persist.

Use with caution if your skin is inflamed or broken.

Lamisil Once contains alcohol and may be irritating to damaged skin.

Using other medicines

Talk to your doctor or pharmacist before use if you are taking or have recently taken any other medicines, including any you have bought without a prescription.

Do not apply any other medicines or treatments to your feet.

Driving and using machines

Lamisil Once has no or negligible influence on the ability to drive and use machines.

HOW TO USE LAMISIL ONCE

How much to use

Lamisil Once is applied only once. Each tube is for a single application, and has enough medication to treat both feet.

Apply Lamisil Once to both feet, even in areas where your skin looks healthy. Most people with athlete's

foot have the infection on both feet, even when signs of infection such as itching and scaling are present on only one foot. Treating both feet at once may help prevent re-infection.

Follow the instructions carefully to get the best results.

How to use

For external use only.

For adults and children 15 years and over.

- Wash both feet and hands and dry carefully.
- Remove the cap from the tube.
- Use about 1/2 a tube for each foot, to cover skin. Finish one foot before treating the other.
- Apply to each foot with fingers as shown in the accompanying diagrams. Apply first between, under, and over all toes. Then apply over sole and sides of your foot. It is important to treat your whole foot, and not only the areas that show signs of infection.



- Treat the other foot in the same way.
- Spread quickly and evenly. Do not rub or massage into skin.
- Leave the product to dry for 1-2 minutes. It will dry quickly to a colourless film.
- Replace the cap on the tube and discard any remaining product. Do not keep or give the remaining product to other people.
- Wash your hands with warm soapy water after the application.
- You may wear socks and shoes once the film has dried.



Pharma code 1382

When to use it

Apply Lamisil Once after a shower or a bath, and wait 24 hours before washing your feet again.

To get the best results, do not wet feet for 24 hours after application.

How long to use it

Apply Lamisil Once only once. Do not apply to skin a second time for the same episode of athlete's foot.

Even if it is barely visible, the film left on your skin after applying the product will continue to deliver the active substance into your skin. This will work to kill the fungi for several days after the single application.

Your skin condition should start to improve within a few days. Even though Lamisil Once will begin to kill the fungi immediately after a single application, it may take up to 4 weeks for your skin to heal completely.

If there is no improvement in your condition within 1 week after applying Lamisil Once, talk to your pharmacist or doctor.

In case of overdose

Contact your doctor or pharmacist, or ring the Poisons Information Centre (Australia 13 11 26; New Zealand 0800 764 766), if a large amount of Lamisil Once is accidentally swallowed, particularly by a child.

WHILE YOU ARE USING IT

Things that may help your condition

- Keep the affected area clean by washing it regularly after the first 24 hours. Dry it carefully without rubbing.
- Do not scratch the area although it may be itchy, because this could cause further damage, slow the healing process or spread the infection.

- Keep your own towel and clothes and do not share them with others, as the infection can be passed on to other people. Wash your towel and clothes frequently to protect yourself from re-infection.

SIDE EFFECTS

Like all medicines, Lamisil Once can have some unwanted side effects, although not everybody gets them.

Tell your pharmacist or doctor if you notice any of the following and they worry you:

- skin dryness
- skin irritation
- burning sensation in areas where it has been applied.

These are mild side effects and usually short-lived.

Tell your doctor or pharmacist immediately, or go to Accident and Emergency at your nearest hospital, if you notice any of the following:

- difficulty in breathing or swallowing
- swelling of the face, lips, tongue or throat
- severe itching of the skin, with red rash or raised bumps.

These may be signs of an allergic reaction.

If you experience skin rash, itching, blistering of the skin, hives or any of the above symptoms, remove the film with methylated spirits, and wash your feet with warm soapy water.

AFTER USING IT

Storage conditions

Keep Lamisil Once in a cool dry place where the temperature stays below 30°C.

Keep Lamisil Once in the original container until it is time to use it.
Keep Lamisil Once away from naked flames. Contains alcohol. Highly flammable.
Keep Lamisil Once where children cannot reach it.

Disposal

Do not throw away your medicine in your household waste. Take the unused medicine to your pharmacist for safe disposal.

PRODUCT DESCRIPTION

Ingredients

Lamisil Once contains the active ingredient terbinafine hydrochloride. It also contains acrylates/octylacrylamide copolymer, ethanol, hyprolose, and medium chain triglycerides.

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