

Important information

How should I store Enstilar®?

Caution: Extremely flammable aerosol. Protect from sunlight and do not store above 30°C. The can should be discarded 6 months after first opening. Keep away from sparks, open flames and other ignition sources. Do not smoke near the can.

Where can I get further information about living with psoriasis?

Visit the **QualityCare™** website for more information about living with psoriasis, including articles and handy tips: qcbyleo.com.



How do I report side effects?

If you get any side effects (see PIL), talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the PIL.

You can also report side effects directly via:

UK: the Yellow Card Scheme at www.mhra.gov.uk/yellowcard.

IE: HPRA Pharmacovigilance, Earlsfort Terrace, Dublin 2 Tel: +353 1 6764971, Fax: +353 1 6762517 Website: www.hpra.ie, E-mail: medsafety@hpra.ie.

By reporting side effects you can help provide more information on the safety of this medicine.

A helpful guide to your Enstilar® treatment

You have been given this leaflet because you have been prescribed Enstilar® (calcipotriol/betamethasone dipropionate) for your plaque psoriasis. This leaflet will help to answer queries you may have about your treatment.

This leaflet does not replace the patient information leaflet (PIL) provided with your medicine, which you should always read carefully before you start using Enstilar® as well as following the guidance of your prescribing doctor.

Refer to the PIL for all precautions and warnings, which can be found at: www.medicines.org.uk.

What is Enstilar®?

Enstilar® is a foam spray for the treatment of plaque psoriasis in adults.

Psoriasis is caused by your skin cells being produced too quickly. This causes redness, scaling and thickness of your skin.

Enstilar® contains calcipotriol and betamethasone dipropionate. Calcipotriol helps to bring the rate of skin cell growth back to normal and betamethasone dipropionate helps to reduce the inflammation.



This material should only be given to patients prescribed Enstilar®

Enstilar® application instructions

How do I use Enstilar®?

Enstilar® is designed to be sprayed onto your skin once daily where your doctor has indicated.

Follow these three simple steps:



1 Remove the cap and shake the can for a few seconds before use.



2 Apply the foam by holding the can at least 3 cm (just over 1 inch) from the skin and spray directly onto each affected area. The foam can be sprayed holding the can in any orientation except horizontally (on its side).



3 Gently rub the foam spray to the edge of the affected skin area.

What should I remember when using Enstilar®?

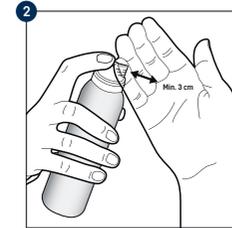
- Wash and dry hands before and after using
- Spraying for 2 seconds provides approximately 0.5 g of Enstilar®, which should cover an area of skin roughly corresponding to the surface area of an adult hand
- Do not use more than 15 g per day. The recommended treatment period of Enstilar® is 4 weeks

Scalp instructions

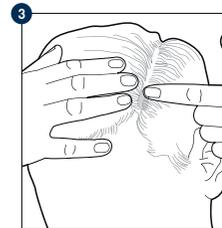
Enstilar® application on the scalp



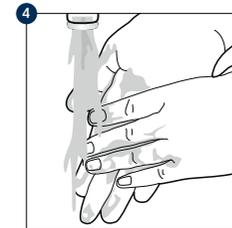
1 Comb hair to remove any loose scales. Shake the can for a few seconds before use.



2 Hold can at least 3 cm away. Spray directly into the palm of the hand. The foam can be sprayed holding the can in any orientation except horizontally (on its side).

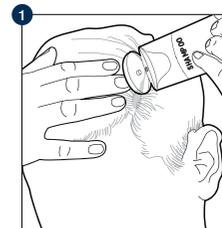


3 Scoop the foam onto your finger. Apply directly to affected areas. Gently rub the foam into the skin.

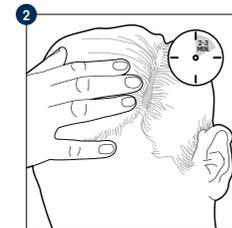


4 Wash hands after each application.

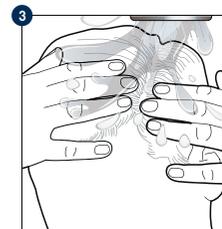
Washing Enstilar® out from the scalp



1 Apply a mild, non-medicated shampoo to **dry hair***, focusing on the areas where the foam was applied.



2 Massage the shampoo into the **dry hair/scalp**. Leave on the scalp for a couple of minutes before washing.



3 Rinse thoroughly with water.



4 Repeat normal shampooing if necessary.

*It is easier to remove Enstilar® when shampoo is applied to dry hair as water dilutes the cleansing effect of the shampoo.