

## CONSUMER MEDICINE INFORMATION

### Femrelief One

Fluconazole

#### What is in this leaflet

This leaflet answers some common questions about FEMRELIEF ONE 150 mg capsules.

It does not contain all the available information. It does not take the place of talking to your doctor or pharmacist.

All medicines have risks and benefits. Your doctor has weighed the risks of you taking FEMRELIEF ONE 150 mg capsule against the benefits they expect it will have for you.

**If you have any concerns about taking this medicine, ask your doctor or pharmacist.**

**Keep this leaflet with your medicine.** You may need to read it again.

#### What FEMRELIEF ONE is used for

FEMRELIEF ONE 150 mg capsule is used to treat vaginal thrush, a yeast infection of the vagina.

FEMRELIEF ONE 150 mg capsule belongs to a group of medicines called azole antibiotics.

When taken by mouth FEMRELIEF ONE 150 mg capsule works by preventing the growth of the fungal organisms causing your infection.

**Ask your doctor if you have any questions about why FEMRELIEF ONE 150 mg capsule has been prescribed for you.**

This medicine is not addictive.

This medicine is available only from a pharmacist. (It is a Pharmacist Only Medicine, your pharmacist's advice is required).

#### What is vaginal thrush

Vaginal thrush is a fungal infection of the vagina caused by the yeast named *Candida albicans*.

When you have vaginal thrush you may have one or more of these common symptoms:

- vaginal itching;
- vaginal soreness;
- pain during intercourse;
- a white, odourless, discharge from the vagina (like cottage cheese).

Rubbing and scratching can aggravate the soreness and itching. Also, the salt of urine can sting tissue.

These are not only symptoms of vaginal thrush, and you may need further advice

from your doctor or pharmacist regarding the problems you are experiencing.

#### Things that may help you avoid thrush in the future

Wear cotton briefs, stockings and loose-fitting clothing rather than tight synthetic clothing.

Wash regularly but do not wash and dry yourself harshly.

Avoid perfumed soaps, bath additives and vaginal deodorants.

#### Before You Take FEMRELIEF ONE

Seek medical advice before first course of treatment with FEMRELIEF ONE 150mg capsule.

#### When you must not take it

**Do not take FEMRELIEF ONE 150 mg capsule if you have an allergy to:**

- any medicine containing fluconazole;
- medicines related to fluconazole such as miconazole, ketoconazole or clotrimazole;
- any of the ingredients listed at the end of this leaflet.

Symptoms of an allergic reaction may include:

- shortness of breath, wheezing or difficulty breathing;
- swelling of the face, lips, tongue or other parts of the body;
- rash, itching or hives on the skin.

**FEMRELIEF ONE 150 mg capsule should not be given if you are taking cisapride (a medicine used to treat stomach problems).**

**Do not take this medicine if the expiry date (EXP) printed on the packaging has passed or if the packaging is torn or shows signs of tampering.** If it has expired or is damaged, return it to your pharmacist for disposal.

**If you are not sure whether you should start taking FEMRELIEF ONE 150 mg capsule, talk to your doctor or pharmacist.**

**FEMRELIEF ONE 150 mg capsule is not recommended for children under 18 years of age, unless recommended by a doctor.**

Safety and effectiveness in children under 18 years of age have not been established.

**Do not take FEMRELIEF ONE 150 mg capsule if you are pregnant, suspect you are pregnant or are breastfeeding.**

#### Before you start to take it

Tell your doctor or pharmacist if you are experiencing any of the following:

- abnormal or irregular vaginal

bleeding or blood stained discharge;

- vulval or vaginal sores, ulcers or blisters;
- lower abdominal pain or burning when passing urine.

**Tell your doctor or pharmacist if you have any other health problems, including:**

- any liver problems;
- any heart problems;
- severe kidney problems;
- if you have aids.

**Tell your doctor or pharmacist if you have previously developed a rash while taking fluconazole.**

**Tell your doctor or pharmacist if you have allergies to any other medicines, foods, preservatives or dyes.**

**Tell your doctor or pharmacist if you have had thrush more than twice in last 6 months.**

**Tell your doctor if you have diabetes. Repeated episodes of thrush may indicate that your diabetes is not well controlled.**

**Tell your doctor or pharmacist before using FEMRELIEF ONE 150 mg capsule if you are taking Warfarin as bleeding or bruising may occur.**

**If you have not told your doctor about any of the above, tell them before you start taking FEMRELIEF ONE 150 mg capsule.**

#### Taking other medicines

**Tell your doctor or pharmacist if you are taking any other medicines, including any you have bought without a prescription from a pharmacy, supermarket or health food shop.**

Some medicines and FEMRELIEF ONE 150 mg capsule may interfere with each other. These include:

- some medicines for diabetes such as glimepiride, glyclazide, glipizide, pioglitazone or glibenclamide.
- some antibiotics and antiviral drugs such as rifampicin, rifabutin or zidovudine.
- some drugs used in problems with the immune system, such as cyclosporin or tacrolimus.
- warfarin (used to stop blood clots).
- phenytoin (used to treat epilepsy).
- theophylline (used to treat asthma).
- some benzodiazepines such as midazolam.
- hydrochlorothiazide (used for treating fluid problems).



Your doctor and pharmacist have more information on medicines to be careful with or avoid while taking FEMRELIEF ONE 150 mg capsule.

---

### How to take FEMRELIEF ONE

---

**Follow all directions given to you by your doctor and pharmacist carefully. If you do not understand the instructions on the box, ask your doctor or pharmacist for help.**

#### *How much to take*

The complete FEMRELIEF ONE 150 mg capsule course of treatment for thrush is one 150 mg capsule. Take only one capsule.

After taking FEMRELIEF ONE 150 mg capsule, the symptoms of thrush usually start to disappear in a day or two.

#### *How to take it*

Swallow the capsule whole with water.

#### **When to take it**

FEMRELIEF ONE 150 mg capsule can be taken at any time of the day.

It does not matter if you take this medicine before or after food.

#### *If you take too much (overdose)*

**Immediately telephone your doctor or the National Poisons Information Centre (telephone Australia 13 11 26; New Zealand 0800 POISON or 0800 764 766) for advice if you think you or anyone else may have taken too much FEMRELIEF ONE 150 mg capsule. Do this even if there are no signs of discomfort or poisoning.** You may need urgent medical attention.

---

### While you are taking FEMRELIEF ONE

---

#### *Things you must do*

**Tell your doctor if the symptoms of your infection do not improve after 3 days, if they become worse, or if they return after getting better.**

#### *Things you must not do*

**Do not give your medicine to anyone else, even if they have the same condition as you.**

**Do not use FEMRELIEF ONE 150 mg capsule to treat any other medical complaints unless your doctor tells you.**

#### *Things to be careful of*

This medicine is not expected to affect your ability to drive a car or operate machinery.

---

### Side effects

---

**Tell your doctor or pharmacist as soon as possible if you do not feel well after you have taken FEMRELIEF ONE 150 mg capsule.**

This medicine helps most people with vaginal thrush, but it may have a few unwanted effects in some people. All medicines can have side effects. Sometimes they are serious, most of the time they are not. You may need medical attention if you get some of the side effects.

**Do not be alarmed by the following list of side effects. You may not experience any of them.**

**Ask your doctor or pharmacist to answer any questions you may have.**

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

- nausea or feeling sick, vomiting;
- headache;
- stomach pain, indigestion, diarrhoea;
- acne.

The above list includes the more common side effects of FEMRELIEF ONE 150 mg capsule. They are usually mild and short-lived.

**Tell your doctor as soon as possible if you notice any of the following:**

- swelling of the face, lips or tongue which may cause difficulty in swallowing or breathing;
- asthma, wheezing, shortness of breath;
- sudden or severe itching, skin rash, hives;
- fainting, seizures or fits;
- flaking of the skin;
- yellowing of the skin or eyes, also called jaundice.

These side effects are usually rare but can be serious and need urgent medical attention.

This is not a complete list of all possible side effects. Others may also occur in some people and there may be some side effects not yet known.

**Ask your doctor or pharmacist if you don't understand anything on this list.**

---

### After using FEMRELIEF ONE

---

#### *Storage*

**Keep your medicine in its original pack until it is time to take it.** If you take it out of the pack it may not keepwell.

**Keep FEMRELIEF ONE 150 mg capsule in a cool, dry place where the temperature stays below 25°C.**

**Do not store your medicine in the bathroom or near a sink. Do not leave it on a window sill or in the car.** Heat and dampness can destroy some medicines.

**Keep your medicine where young children cannot reach it.**

A locked cupboard at least one-and-a-half metres above the ground is a good place to store medicines.

#### *Disposal*

**If your doctor tells you to stop taking this medicine, or it has passed its expiry date, ask your pharmacist what to do with any medicine that is left over.**

---

### Product description

---

#### *Availability*

FEMRELIEF ONE 150 mg capsule is available in one strength - 150 mg fluconazole per capsule. FEMRELIEF ONE 150 mg capsule is available in packs of one capsule.

#### *What it looks like*

FEMRELIEF ONE 150 mg capsule is white to off white powder filled in hard gelatin capsules of size "1" with a blue cap and base.

#### *Ingredients*

##### Active Ingredient:

Each capsule contains 150 mg fluconazole.

##### Inactive Ingredients:

- Lactose anhydrous
- Starch-pregelatinised maize
- Sillica-colloidal anhydrous
- Magnesium stearate
- Sodium lauryl sulfate
- Gelatin capsule shell (contains: Patent Blue V, Titanium dioxide, Methyl hydroxybenzoate, Propyl hydroxybenzoate, Gelatin)

---

### Supplier

---

FEMRELIEF ONE 150 mg capsule is sponsored by:

Generic Health Pty Ltd  
Level 1, 1102 Toorak Road  
Camberwell VIC 3124

#### *Australian Registration Numbers*

FEMRELIEF ONE - AUST R 170239

This leaflet was prepared in August 2015.