



product

## advice guide

**CANESTEN OFFERS A COMPREHENSIVE RANGE** of women's intimate health solutions. Familiarising yourself with these products will enable you to make confident recommendations to customers in order to help ease their symptoms.



# Intimate health solutions

TEST

## Canestest Self-Test for Vaginal Infections

- A home-use single swab test
- Helps diagnose common vaginal infections in seconds – thrush or bacterial vaginosis (BV)
- pH swab results should be used in conjunction with the symptoms table on-pack



If the test indicates probable thrush and the customer has not been diagnosed with this before, they should visit their GP.



Clotrimazole

## Canesten Thrush Combi Pessary & External Cream (GSL)

- Traditional clotrimazole pessary clears the internal infection
- Double strength\* clotrimazole external cream eases symptomatic itching and discomfort

THRUSH

## Canesten Thrush Combi Soft Gel Pessary & External Cream (GSL)

- A unique over-the-counter (OTC) clotrimazole soft gel pessary, designed to be comfortable to insert and dissolve easily, to clear the infection
- Double strength\* clotrimazole external cream calms itching and relieves discomfort



Clotrimazole



Clotrimazole

## Canesten Thrush Combi Internal & External Creams (GSL)

- A soothing cream treatment that may be suitable for women with vaginal dryness
- Internal cream in pre-filled applicator clears the infection
- Double strength\* clotrimazole external cream calms itching and relieves discomfort

## Canesten Thrush Duo Oral Capsule & External Cream (P)

- A convenient fluconazole oral capsule to clear the infection
- Double strength\* clotrimazole external cream relieves itching and discomfort
- Ideal for use on the go



Fluconazole, Clotrimazole

BV



## Canesbalance Bacterial Vaginosis Vaginal Gel

- A lactic acid and glycogen gel that is clinically proven to treat the symptoms of BV by restoring pH balance
- Relieves unpleasant odour and abnormal discharge, restricts the growth of bad bacteria and supports good bacteria to restore the intimate area's natural environment
- A complete seven-day course of easy-to-use, pre-filled applicators
- Customers can start to see a difference in two to three days<sup>1</sup>

\*Compared to Canesten 1% cream

Reference: 1. Decena et al. Metronidazole with Lactacyd vaginal gel in bacterial vaginosis. J Obstet Gynaecol Res 2006;32(2):243-51



Sodium citrate dihydrate

## CanesOasis Cystitis Relief 4g Granules for Oral Solution (GSL)

- Easily dissolvable sachets of cranberry-flavoured granules
- Contain sodium citrate to help relieve the burning and stinging symptoms of cystitis
- Complete 48-hour course

CYSTITIS

## Canesintima Intimate Moisturiser

- A water-based, non-sticky moisturiser designed for relief from vaginal dryness
- Enriched with moisturising camellia japonica, hyaluronic acid and glycerin
- The triple-effect formula moisturises, lubricates and protects from further irritation



VAGINAL DRYNESS



## Canesfresh Intimate Care Soothing Gel Wash

- A feminine wash that helps to soothe the intimate area during times of discomfort, and avoid further irritation that regular perfumed shower gels may cause
- Contains glycine, an amino acid known for its calming properties, and is free from harsh chemicals, soaps, colours and preservatives
- Suitable for use when experiencing symptoms of thrush

## Canesfresh Intimate Care Daily Foaming Wash

- A soft foaming wash specially formulated to gently refresh and care for intimate skin every day and keep microflora in a healthy balance
- Formulated with moisturising pro-vitamin B5 and lotus extract, and free from harsh chemicals, soaps, colours and preservatives



INTIMATE CARE

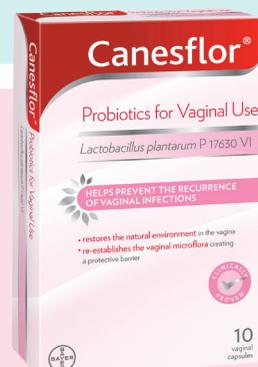


## Canesfresh Intimate Care Refreshing Wipes

- Convenient wipes that provide gentle cleansing and freshness on the go
- Free from preservatives and alcohol
- Suitable for use during menstruation or after sports to gently cleanse the intimate area while respecting its pH balance

## Canesflor Probiotics for Vaginal Use

- A clinically-proven probiotic for vaginal use
- Helps prevent the recurrence of thrush and BV by restoring the balance of vaginal microflora and creating a protective barrier against potentially harmful microorganisms that may cause infection
- The easy-to-use capsules contain *Lactobacillus plantarum* P17630 VI, a unique probiotic strain with high adherence to the vaginal walls



PREVENT

**Canesten Thrush Combi Pessary & External Cream 500mg / 2% w/w pessary & cream** (clotrimazole 500mg pessary, plus a 10g tube clotrimazole 2% cream w/w). **Indications:** The pessary is recommended for the treatment of candidal vaginitis. The cream is recommended for the treatment of candidal vulvitis. The cream should be used as an adjunct to treatment of candidal vaginitis. **Dosage and administration:** Adults (16 – 60 years): The pessary should be inserted into the vagina using the applicator, preferably at bedtime. Apply the cream to the vulva and surrounding area two or three times daily and rub in gently. The treatment should be finished before the onset of menstruation. Do not use tampons, intravaginal douches, spermicides or other vaginal products while using this product. Vaginal intercourse should be avoided in case of vaginal infection and while using this product because the partner could become infected. Children (under 16 years): Paediatric usage is not recommended. **Contraindications:** Hypersensitivity to clotrimazole or any other ingredients. Nail or scalp infections. **Warnings and precautions:** Medical advice must be sought if this is the first time the patient has experienced symptoms of candidal vaginitis or if any of the following are applicable: more than two infections of candidal vaginitis in the last six months; previous history of, or exposure to partner with, a sexually transmitted disease; pregnancy or suspected pregnancy; aged under 16 or over 60 years; known hypersensitivity to imidazole or other vaginal antifungal products. Medical advice should be sought if the patient has any of the following symptoms: irregular vaginal bleeding; abnormal vaginal bleeding or a blood-stained discharge; vulval or vaginal ulcers, blisters or sores; lower abdominal pain or dysuria; any adverse events such as redness, irritation or swelling associated with the treatment; fever or chills; nausea or vomiting; diarrhoea; foul smelling vaginal discharge. If no improvement in symptoms is seen after seven days, the patient should consult their doctor. This product may damage latex contraceptives therefore patients should use alternative precautions for at least five days after using the product. The cream contains cetostearyl alcohol, which may cause local skin reactions (e.g. contact dermatitis). **Side effects:** Allergic reaction, genital peeling/exfoliation, blisters, pruritus, rash, oedema, erythema, discomfort/pain, stinging/burning, irritation, pelvic pain, abdominal pain, vaginal haemorrhage. **Use in pregnancy:** Only when considered necessary and under the supervision of a physician or midwife. During pregnancy the pessary should be inserted without using an applicator. **RRP (Excl. VAT):** £15.99. **MA number:** PL 00010/0300. **MA holder:** Bayer plc, 400 South Oak Way, Reading, RG2 6AD, United Kingdom. **Legal category:** GSL. **Date of preparation:** August 2018.

**Canesten Thrush Combi Soft Gel Pessary & External Cream 500mg / 2% w/w vaginal capsule & cream** (clotrimazole 500mg soft gel pessary and clotrimazole 2% w/w cream). **Indications:** The soft gel pessary is indicated for the treatment of candidal vaginitis. The cream is indicated for the treatment of candidal vulvitis. It should be used as an adjunct to treatment of candidal vaginitis. **Dosage and administration:** Adults (16 – 60 years): The soft gel pessary should be inserted into the vagina at night using the applicator provided. The cream should be applied to the vulva and surrounding area two or three times daily and rubbed in gently. The treatment should be finished before the onset of menstruation. Children (under 16 years): Paediatric usage is not recommended. **Contraindications:** Hypersensitivity to clotrimazole or any other ingredients e.g. cetostearyl alcohol. Nail or scalp infections. **Warnings and precautions:** Medical advice must be sought if this is the first time the patient has experienced symptoms of candidal vaginitis or if any of the following are applicable: more than two infections of candidal vaginitis in the last six months; previous history of, or exposure to, partner with a sexually transmitted disease; pregnancy or suspected pregnancy; aged under 16 or over 60 years; known hypersensitivity to imidazoles or other vaginal antifungal products. Medical advice should be sought if the patient has any of the following symptoms: irregular vaginal bleeding; abnormal vaginal bleeding or a blood-stained discharge; vulval or vaginal ulcers, blisters or sores; lower abdominal pain or dysuria; any adverse events such as redness, irritation or swelling associated with the treatment; fever or chills; nausea or vomiting; diarrhoea; foul smelling vaginal discharge. If no improvement in symptoms is seen after seven days, the patient should consult their doctor. This product may damage latex contraceptives therefore patients should use alternative precautions for at least five days after using the product. **Side effects:** Allergic reaction, genital peeling/exfoliation, blisters, pruritus, rash, oedema, discomfort/pain, stinging/burning, irritation, pelvic pain, abdominal pain, vaginal haemorrhage, erythema. **Use in pregnancy:** Only when considered necessary by a physician. During pregnancy the soft gel pessary should be inserted without using an applicator. **RRP (Excl. VAT):** £13.33 **MA number:** PL 00010/0635. **MA holder:** Bayer plc, 400 South Oak Way, Reading, RG2 6AD, UK. **Legal category:** GSL. **Date of preparation:** June 2018.

**Canesten Thrush Combi Internal & External Creams 10% w/w / 2% w/w vaginal cream & cream** (clotrimazole 10% w/w 5g pre-filled applicator of internal cream, plus a 10g tube of clotrimazole 2% w/w external cream). **Indications:** The internal cream is recommended for the treatment of candidal vaginitis. The external cream is recommended for the treatment of candidal vulvitis. It should be used as an adjunct to treatment of candidal vaginitis. **Dosage and administration:** Adults (16 – 60 years): The internal cream should be administered intravaginally using the applicator. Apply the external cream to the vulva and surrounding area two or three times daily and rub in gently. The treatment should be finished before the onset of menstruation. Do not use tampons, intravaginal douches, spermicides or other vaginal products while using this product. Vaginal intercourse should be avoided in case of vaginal infection and while using this product because the partner could become infected. Children (under 16 years): Paediatric usage is not recommended. **Contraindications:** Hypersensitivity to clotrimazole or any other ingredients. Nail or scalp infections. **Warnings and precautions:** Medical advice must be sought if this is the first time the patient has experienced symptoms of candidal vaginitis or if any of the following are applicable: more than two infections of candidal vaginitis in the last six months; previous history of, or exposure to partner with, a sexually transmitted disease; pregnancy or suspected pregnancy; aged under 16 or over 60 years; known hypersensitivity to imidazoles or other vaginal antifungal products. Medical advice should be sought if the patient has any of the following symptoms: irregular vaginal bleeding; abnormal vaginal bleeding or a blood-stained discharge; vulval or vaginal ulcers, blisters or sores; lower abdominal pain or dysuria; any adverse events such as redness, irritation or swelling associated with the treatment; fever or chills; nausea or vomiting; diarrhoea; foul smelling vaginal discharge. If no improvement in symptoms is seen after seven days, the patient should consult their doctor. This product may damage latex contraceptives therefore patients should use alternative precautions for at least five days after using the product. The creams contain cetostearyl alcohol, which may cause local skin reactions (e.g. contact dermatitis). **Side effects:** Allergic reaction, genital peeling/exfoliation, blisters, pruritus, rash, oedema, erythema, discomfort/pain, stinging/burning, irritation, pelvic pain, abdominal pain, vaginal haemorrhage. **Use in pregnancy:** Only when considered necessary and under the supervision of a physician or midwife. During pregnancy the treatment should be carried out with clotrimazole pessary, since these can be inserted without using an applicator. **RRP (Excl. VAT):** £13.33. **MA number:** PL 00010/0301. **MA holder:** Bayer plc, 400 South Oak Way, Reading, RG2 6AD, UK. **Legal category:** GSL. **Date of preparation:** March 2018.

**Canesten Thrush Duo Oral Capsule and External Cream 150mg / 2% w/w capsule & cream** (fluconazole 150mg capsule, plus 10g tube of clotrimazole 2% w/w cream). **Indications:** The capsule is for treatment of candidal vaginitis, acute or recurrent. Also for treatment of partners with associated candidal balanitis. The cream is for the treatment of candidal vulvitis. It can also be used for treatment of the sexual partner's penis to prevent re-infection. **Dosage and administration:** Adults (16 – 60 years): Swallow one capsule whole. Apply cream to vulva and surrounding area two or three times daily and rub in gently. Treatment with the cream should be continued until symptoms of the infection disappear. If after concomitant treatment of vaginitis, symptoms do not improve within seven days, the patient should consult a physician. For treatment of sexual partner's penis, cream should be applied two or three times daily for two weeks. Children (under 16 years): Paediatric usage is not recommended. Not recommended in patients over 60. **Contraindications:** Hypersensitivity to fluconazole, clotrimazole, related azole substances or any of the excipients e.g. cetostearyl alcohol; co-administration with terfenadine, cisapride, astemizole, pimozide, quinidine and erythromycin. **Warnings and precautions:** The cream may cause damage to latex contraceptives. Patients should be advised to use alternative precautions for at least five days after using this product. A physician should be consulted if the patient is experiencing symptoms of candidal vaginitis for the first time; is taking any medication other than the pill; is taking terfenadine or cisapride; has had more than two infections of thrush in the last six months; has any disease or illness affecting the liver or kidneys or has had unexplained jaundice; suffers from any other chronic disease or illness; the patient or partner have had exposure to sexually transmitted disease; is uncertain of the cause of symptoms. Women only – patient is suffering from irregular vaginal bleeding or a blood-stained discharge; vulval or vaginal sores, ulcers or blisters; lower abdominal pain or dysuria; adverse events such as redness, irritation or swelling associated with the treatment; is experiencing fever or chills; nausea or vomiting; diarrhoea; foul smelling vaginal discharge. In men – medical advice should be sought if they have penile sores, ulcers or blisters, there is abnormal penile discharge, the penis has started to smell, they have dysuria, or their sexual partner does not have thrush. Patients should consult their doctor if symptoms have not been relieved within one week of treatment. Administer with caution in renal dysfunction, adrenal insufficiency and liver dysfunction, patients with congenital or acquired QT prolongation, known cardiomyopathy, sinus bradycardia, cardiac arrhythmia, or history of torsades de pointes or other proarrhythmic conditions. Patients have rarely developed exfoliative cutaneous reactions such as Stevens-Johnson syndrome and toxic epidermal necrolysis during treatment, therefore patient should consult doctor if rash develops. If rash or anaphylaxis develops patient should never use the product again. Administer with caution in patients taking products with narrow therapeutic window metabolised through CYP2C9, CYP2C19 and CYP3A4. Patients with rare hereditary problems of galactose intolerance, total lactase deficiency or glucose-galactose malabsorption should not take the capsule. The cream contains cetostearyl alcohol, which may cause local skin reactions (e.g. contact dermatitis). **Side effects:** Oral capsule may cause nausea, diarrhoea, vomiting, abdominal pain, constipation, dyspepsia, dry mouth, flatulence. Anaemia, leukopenia, neutropenia, agranulocytosis and thrombocytopenia. Torsades de pointes/QT prolongation. Increased transaminases, increased blood alkaline phosphatase, hepatitis, jaundice, cholestasis, increased bilirubin, hepatic failure, hepatocellular damage. Anaphylaxis and hypersensitivity. Decreased appetite, hypercholesterolaemia, hypertriglyceridaemia and hypokalaemia. Somnolence, insomnia. Seizures, paraesthesia, dizziness, headache, dysgeusia, tremor. Vertigo. Rash, pruritus, urticaria, hyperhidrosis, alopecia, exfoliative skin reactions including Stevens-Johnson syndrome, toxic epidermal necrolysis. Myalgia, fatigue, malaise, asthenia, pyrexia. Cream may cause allergic reactions, blisters, discomfort/pain, oedema, erythema, irritation, peeling/exfoliation, pruritus, rash, stinging/burning. **Use in pregnancy:** Do not use during pregnancy, suspected pregnancy unless clearly necessary or as recommended by a doctor. Fluconazole should not be used whilst breast-feeding. **RRP (Excl. VAT):** £8.26. **MA number:** PL 00010/0652. **MA holder:** Bayer plc, 400 South Oak Way, Reading, RG2 6AD, UK. **Legal category:** P. **Date of preparation:** February 2019.

**CanesOasis® Cystitis Relief 4g granules for oral solution** (Sodium Citrate Dihydrate BP). **Indications:** Symptomatic relief of cystitis in women. **Dosage and administration:** Adult women: One sachet in water three times daily over 2 days. Men and Children: Not recommended. **Contraindications:** Diabetes, heart disease, hypertension, history of renal disease or those on a low salt diet. During pregnancy and lactation. **Warnings and precautions:** If symptoms persist after completion of the two day course of treatment, medical attention should be sought. Interactions: sodium containing preparations should be avoided by patients on lithium. Urinary alkalinisers should not be used with hexamine. The effects of a number of drugs may be reduced or increased by the alkalinisation of the urine and reduction in gastric pH. Keep out of the sight and reach of children. **Side effects:** mild diuresis. **Use in pregnancy:** Do not use during pregnancy, suspected pregnancy and breast-feeding. **RRP (Excl. VAT):** £4.82. **MA number:** PL 12063/0045. **MA holder:** Wraffon Laboratories Ltd, Wraffon, Braunton, North Devon, EX33 2DL, UK. Distributor: Bayer plc, 400 South Oak Way, Reading, RG2 6AD. **Legal category:** GSL. **Date of preparation:** February 2019.

