

# Patient Education - Nifedipine 0.3%, Lidocaine 1.5% Topical Ointment

Hillcrest Pharmacy 781 E FT Union Blvd Midvale, UT 84047 – Direct 385-900-1400, Toll Free 1-855-499-2556

## Patient Education Insert

-Apply medication to affected area as prescribed

This medication was compounded by a pharmacy per prescriber request. For external use only. Wash hands before and after use unless the medication is for your hands. Store at room temperature (68 to 77 degrees Fahrenheit). Keep away from children and pets. Do not flush unused medications or pour down a sink or drain. Do not swallow and avoid contact with eyes. Do not use more than your medical provider has instructed you to use. Do not use more often or for longer than you were instructed. Doing any of these may increase the chance of undesirable side effects.

The “Do not use after” date printed on the prescription label is generated using State & Federal compounding laws. Some preparations are made 1-3 days before the prescription is issued, in anticipation of expected demand. If you have any questions or concerns regarding this, please do not hesitate to call and speak to one of our pharmacists.

Do not use if an allergic reaction occurs due to any of the listed active ingredients on the prescription label. Signs of an allergic reaction may include rash hives itching shortness of breath wheezing cough swelling of face, lips, tongue or throat or any other signs.

Contact your medical provider or pharmacy if you have concerns about listed side effects or if you experience unexpected irritation. Notify your medical provider of any medical updates and of all drug changes including over-the-counter and herbal medications.

If you miss an application, apply as soon as you remember. If it is close to the next application, skip the missed application. Do not double applications.

We want to offer you the best service possible. In the event you have a concern or complaint please call the pharmacy at 385-900-1400.

MedWatch: The FDA Safety Information and Adverse Event Reporting Program - Website address: <https://www.fda.gov/Safety/MedWatch/default.htm> - Toll free number: 1-888-463-6332

Your medication contains the following active ingredients. Please review the following:

Nifedipine is in a group of drugs called calcium channel blockers. It works by relaxing the muscles of your heart and blood vessels. Nifedipine is used to treat hypertension (high blood pressure) and angina (chest pain) and may also be used for purposes not listed in this medication guide.

You should not use nifedipine if you have severe coronary artery disease, or if you have had a heart attack within the past 2 weeks.

Before taking nifedipine, tell your doctor if you have kidney or liver disease, a blockage in your digestive tract (stomach or intestines), a history of stomach surgery, coronary artery disease, underactive thyroid, diabetes, or congestive heart failure.

If you need surgery, tell the surgeon ahead of time that you are using nifedipine. You may need to stop using the medicine for a short time.

Do not stop taking nifedipine without first talking to your doctor, even if you feel fine. Stopping suddenly may make your condition worse. High blood pressure often has no symptoms. You may need to use blood pressure medication for the rest of your life.

You should not use this medicine if you are allergic to nifedipine, if you have severe coronary artery disease, or if you have had a heart attack within the past 2 weeks.

To make sure nifedipine is safe for you, tell your doctor if you have: severe COPD (chronic obstructive pulmonary disease) kidney disease congestive heart failure or if you take other medications, especially an antibiotic or antifungal medicine, an antidepressant, heart or blood pressure medicine, or drugs to treat HIV/AIDS or hepatitis C.

It is not known whether nifedipine will harm an unborn baby. Tell your doctor if you are pregnant or plan to become pregnant while using this medication. Nifedipine can pass into breast milk and may harm a nursing baby. Tell your doctor if you are breast-feeding a baby.

Get emergency medical help if you have any signs of an allergic reaction to nifedipine: hives difficult breathing swelling of your face, lips, tongue, or throat.

Call your doctor at once if you have: worsening angina a light-headed feeling, like you might pass out pounding heartbeats or fluttering in your chest chest pain or heavy feeling, pain spreading to the jaw or shoulder, nausea, sweating, general ill feeling swelling in your ankles or feet or upper stomach pain, jaundice (yellowing of the skin or eyes).

Common nifedipine side effects may include: mild dizziness flushing (warmth, redness, or tingly feeling) weakness, headache, mood changes heartburn, nausea tremors, muscle cramps or cough, wheezing, sore throat, stuffy nose. This is not a complete list of side effects and others may occur. Call your doctor for medical advice about side effects.

Lidocaine is a local anesthetic (numbing medication). It works by blocking nerve signals in your body. Lidocaine topical (for use on the skin) is used to reduce pain or discomfort caused by skin irritations such as sunburn, insect bites, poison ivy, poison oak, poison sumac, and minor cuts, scratches, or burns. Lidocaine topical is also used to treat rectal discomfort caused by hemorrhoids. Lidocaine may also be used for purposes not listed in this medication guide.

Do not use large amounts of lidocaine, or cover treated skin areas with a bandage or plastic wrap without medical advice. You should not use lidocaine topical if you are allergic to any type of numbing medicine.

Fatal overdoses have occurred when numbing medicines were used without the advice of a medical doctor (such as during a cosmetic procedure like laser hair removal). However, overdose has also occurred in women treated with a numbing medicine before having a mammography.

Tell your doctor if you have ever had: liver disease or if you take a heart rhythm medicine.

Lidocaine topical is not expected to harm an unborn baby. Tell your doctor if you are pregnant.

If you apply lidocaine topical to your chest, avoid areas that may come into contact with the baby's mouth.

Improper use of lidocaine topical may result in death.

Do not take by mouth. Topical medicine is for use only on the skin. If this medicine gets in your eyes, nose, mouth, rectum, or vagina, rinse with water.

Use the smallest amount of medicine needed to numb the skin or relieve pain. Your body may absorb too much of this medicine if you use too much, if you apply it over large skin areas, or if you apply heat, bandages, or plastic wrap to treated skin areas. Skin that is cut or irritated may also absorb more topical medication than healthy skin.

Do not apply this medicine to swollen skin areas or deep puncture wounds. Avoid using the medicine on skin that is raw or blistered, such as a severe burn or abrasion.

Lidocaine topical may be applied with your finger tips or a cotton swab.

Store at room temperature away from moisture and heat.

Get emergency medical help if you have signs of an allergic reaction: hives difficulty breathing swelling of your face, lips, tongue, or throat.

Call your doctor at once if you have: severe burning, stinging, or irritation where the medicine was applied

swelling or redness sudden dizziness or drowsiness after medicine is applied confusion, blurred vision, ringing in your ears or unusual sensations of temperature.

Common side effects include: mild irritation where the medication is applied or numbness in places where the medicine is accidentally applied. This is not a complete list of side effects and others may occur.