



# Daivobet® 50/500 gel

## to treat body and scalp psoriasis

LEO®

### What is psoriasis?

Psoriasis often appears as red raised plaques (scaly patches on the skin) with silvery scales on various locations on the body.<sup>1</sup> The most common sites of psoriasis are on the elbows, knees and scalp.<sup>1</sup> However, psoriasis can appear anywhere on the body and severity varies greatly. Psoriasis affects about half a million people in Australia,<sup>2</sup> and the condition is equally common in men and women.<sup>1</sup> Psoriasis is usually a lifelong condition that will get better or worse throughout your life.

### Daivobet® gel for psoriasis

When prescribed by a doctor, Daivobet® gel can treat plaque psoriasis on the body and psoriasis on the scalp.

Daivobet® gel combines two active ingredients into a lipid gel. Lipids are like oils. Lipid gels generally do not contain water and are moisturising to the skin. The active ingredients contained in the gel are:

- calcipotriol (related to Vitamin D) to treat overactive skin cells and
- betamethasone dipropionate (a topical corticosteroid) to relieve redness, swelling, itch and irritation.

Daivobet® is also available as an ointment for the treatment of plaque psoriasis on the body.<sup>3</sup> Talk to your doctor if you wish to learn more about the ointment.

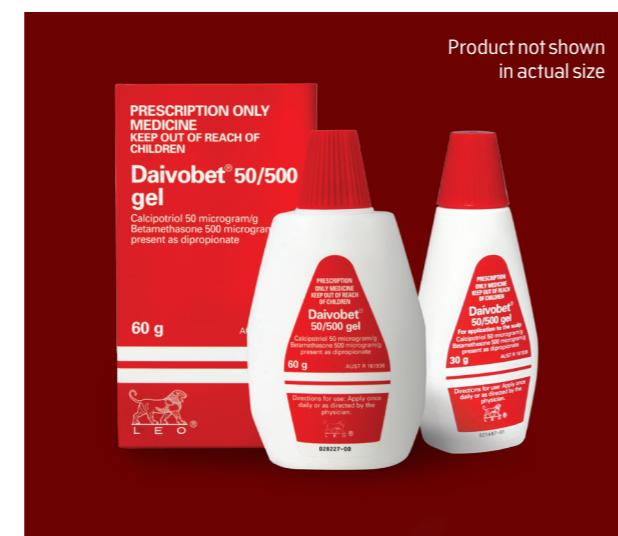
Daivobet® gel is available in two pack sizes – 30g and 60g bottles.<sup>4</sup>

### What is Daivobet® gel?

Daivobet® gel is faster to apply and more rapidly absorbed than some other treatments, letting you get on with your day sooner.<sup>5</sup> A survey of patients found 93% consider the lipid-based gel as: easy or extremely easy to apply.<sup>6</sup>

Daivobet® gel is also:

- moisturising<sup>6</sup>
- alcohol-free
- odour neutral
- invisible and allows skin to breathe<sup>6</sup>
- suitable for both body and scalp psoriasis.



### What results could you expect?

Daivobet® gel's combination of two active ingredients makes it more effective at treating psoriasis than using either ingredient alone.<sup>7,8</sup> Most patients can expect to see improvement within weeks.<sup>9,10</sup>



### Before using Daivobet® gel

**Read the Daivobet® gel Consumer Medicine Information (CMI) leaflet.** The CMI contains important safety information not listed here. A CMI will be supplied with Daivobet® gel. If you do not receive a CMI, or if it is misplaced, please ask your pharmacist for a copy. You can also access the Daivobet® gel CMI online via:

[www.ebs.tga.gov.au](http://www.ebs.tga.gov.au)

After reading the CMI discuss any questions you have with your doctor and/or pharmacist.

### What about side effects?

As with all medicines, Daivobet® gel can cause some side effects. The most common side effects that occur are related to skin irritation.<sup>4</sup> If you do experience side effects, please discuss with your doctor or pharmacist.

#### Be careful:

- DO NOT use other corticosteroids at the same time on the same areas as Daivobet® gel.
- DO NOT wipe gel into your eyes, nose or mouth. If you do, rinse with clean water and tell your doctor.
- DO NOT put gel onto skin not affected by psoriasis. If you do, wipe it off.
- DO NOT bandage or wrap treated area/s.
- DO NOT use gel on large areas of damaged skin, underarms, groin, genital areas or the face.

# How to use Daivobet® gel

## How often should I use Daivobet® gel?

Apply **once a day** to affected skin when it is dry. Try to apply Daivobet® gel around the same time each day. Closely follow any instructions your doctor and pharmacist give you.

## How much should I use?

One teaspoon, or less, per day is usually enough to treat the scalp. The amount needed to treat plaque psoriasis on the body will vary from person to person.

Whether for scalp or body psoriasis, do not use more than:

- 15g in one day – this is equivalent to half a 30g bottle or a quarter of a 60g bottle.
- 100g in one week – this is equivalent to three 30g bottles or one and a half 60g bottles.

If you use other products that also contain calcipotriol, such as Daivobet® ointment or Daivonex® cream, the total combined amount of calcipotriol products you use must not exceed the above amounts. Talk to your doctor about how to best manage this.

## For body psoriasis

**For best results** leave on during the day or overnight.

**1** Shake the bottle then remove the cap.



**2** Squeeze a small amount of Daivobet® gel onto a clean fingertip.



**3** Apply a thin layer of gel to the psoriasis plaques and gently rub in.



## For scalp psoriasis

You don't need to wash your hair before applying. To achieve the optimal effect Daivobet® gel should be allowed to remain on the scalp before it is washed out.

**For best results** leave on overnight or during the day.

**1** Comb dry hair to remove any loose scales and part your hair at the affected area.



**2** Shake the bottle then remove the cap.



**3** Squeeze a small amount of Daivobet® gel onto a clean fingertip.



**4** Apply the gel to only the psoriasis-affected areas. Gently rub it in.



**5** After a few hours apply a mild shampoo to dry hair. Leave the shampoo on the scalp for a couple of minutes. Wash hair as normal.



## After applying

- Wash hands thoroughly (unless hands are being treated) to avoid spreading gel to untreated areas and to other people.
- Avoid contact with fabric that is easily stained (e.g. silk).
- If any skin irritation develops, wash the Daivobet® gel off.

## How long should I use Daivobet® gel?

While treatment normally lasts up to four weeks for scalp psoriasis and up to eight weeks for plaque psoriasis on the body, your doctor will prescribe what is best for you. Your doctor may decide to stop treatment once your psoriasis has improved, then recommence it later.

## What if I forget to use Daivobet® gel?

If you forget to use Daivobet® gel, use it as soon as you remember, then continue as normal. Do not use an increased dose of the gel to make up for the forgotten doses.



## While using Daivobet® gel

- Protect treated skin from sunlight by wearing a hat and protective clothing.
- Tell your doctor immediately if you fall pregnant or want to.
- Tell your doctor if you are going to take any new medicine, including from a pharmacy or naturopath.

## Storage & Disposal

- Store Daivobet® gel in its box in a cool dry place below 25°C. Do not refrigerate.
- Keep Daivobet® gel out of reach of children.
- Once the bottle is opened, discard any product that is not used within 3 months.
- Discard the bottle once expiry date has passed.

## Further information

For more information on Daivobet® gel and psoriasis call 1800 094 104 free of charge to talk to a qualified nurse.



To enrol free of charge  
in the Feel Patient Support  
Programme call:  
**1800 094 104**

Free assistance and information to support your experience with psoriasis.

As part of the programme you will receive regular calls from a qualified nurse to answer any questions you may have about your treatment with Daivobet® gel or psoriasis.

**For medical enquiries about Daivobet® gel:  
1800 991 778**

**References:** 1. Menter A. *et al.* *Fast Facts: Psoriasis.* 2008;8:12,19. 2. Australian Bureau of Statistics. *National Health Survey: Summary of Results 2007-2008 (Reissue)* 2010. 3. Daivobet® ointment TGA-approved Product Information, 30 June 2013. 4. Daivobet® gel TGA-approved Product Information, 22 March 2013. 5. Sticherling, M, *et al.* *J German Soc of Dermatol.* 2013;11(5):420-428. 6. LEO Pharma, data on file – Formulation preference study. 7. Luger, T.A. *et al.* *Dermatology* 2008;217:321-328. 8. Reich, K. and Bewley A, *J Eur Acad Derm Venereol.* 2011;25(Suppl. 4):15-20. 9. Jemec GBE *et al.* *J Am Acad Dermatol* 2008;59:455-463. 10. Menter A. *et al.* *J Drugs in Derm.* 2013;12(1):92-98. Other information in this leaflet reflects the Daivobet® gel TGA-approved Consumer Medicine Information, April 2013. Design by farmout.com.au 1423/0414 Daivobet, LEO and LEO/lion device are registered trademarks of LEO Pharma A/S. LEO Pharma Pty Ltd. Level 3, Tower One, 25 Montpelier Road, Bowen Hills QLD 4006. ABN: 72 147 880 617. Copyright © 2014 LPS-14-006, Updated April 2014.

