

**Aldara is a Prescription Medicine** containing imiquimod 12.5mg per sachet. Uses: Topical treatment of actinic keratoses, superficial basal cell carcinomas and external genital/perianal warts. Consult your doctor if Aldara is right for you. Do not use if you are allergic to imiquimod or any of the ingredients. Do not use more than the recommended amount. Do not apply in or near the eyes, ears, lips and nostrils or in the vagina, or anus. Do not use sunlamps or tanning beds, and avoid going into the sun as much as possible during treatment. Tell your doctor if you are pregnant or breastfeeding, if you have a compromised immune system, or if you are using any other treatments. Side Effects: Skin reactions such as redness, swelling, small open sores and oozing, skin peeling, scabbing and crusting, pain, tenderness, itching and burning. Less common side effects are muscle aches, tiredness, flu-like symptoms and diarrhoea. **Medicines have benefits and some may have risks. Use strictly as directed. If symptoms continue or you have side effects, see your doctor, pharmacist or health professional. Aldara is fully funded for superficial Basal Cell Carcinoma and External Genital Warts.** Aldara is not funded for Actinic Keratoses – Normal doctor's visit fees and pharmacy charges will apply. Additional information on Aldara can be obtained from the Valeant Pharmaceuticals New Zealand Ltd. C/O Supply Chain Solutions, 74 Westney Road, Airport Oaks, AUCKLAND. FreePhone 0508 375 394. Marketed by Radiant Health Limited. Phone: 09 972 1398. Reference: 1. Aldara Data Sheet. TAPS Approval No: PP3355.

## Treating superficial Basal Cell Carcinoma with Aldara cream

This brochure is for patients who have been prescribed Aldara cream for the treatment of superficial Basal Cell Carcinoma (sBCC)



## Understanding your treatment with Aldara cream

Your doctor has given you a prescription for Aldara cream to help treat your superficial Basal Cell Carcinoma (sBCC). Please take some time to read this leaflet to help you understand your treatment and how to get the most benefit from it.

### What is superficial Basal Cell Carcinoma?

Basal cell carcinomas are the most common and least dangerous skin cancer. Superficial Basal Cell Carcinomas can look like small patches of dry skin or raised lumps on the skin. They often appear as shiny, pink or red raised patches that enlarge slowly over months or years.

## Simple instructions for use

Apply Aldara once a day, at bedtime, for five consecutive days per week – for example Monday to Friday – or as recommended by your doctor.

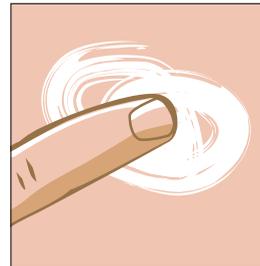
Treatment should continue for 6 weeks, unless your doctor tells you otherwise.



**1** Wash hands and treatment area with mild soap and water and allow to dry thoroughly.



**2** Apply thin layer of cream to the affected area at bedtime 5 nights per week for 6 weeks. (e.g. Mon to Fri).



**3** Rub in cream thoroughly on the affected area and 1cm around it and leave undisturbed overnight (6–10 hrs). Avoid getting Aldara cream in or near eyes, lips or nostrils.

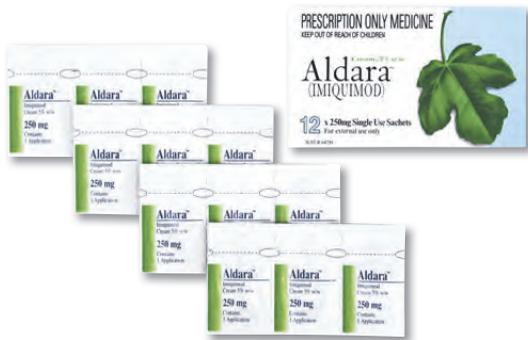


**4** Wash cream off with mild soap and water upon waking.

Please read the Consumer Medicine Information before applying. This is available from Medsafe [www.medsafe.govt.nz](http://www.medsafe.govt.nz). Aldara cream has been prescribed for your use only. Do not share this medicine with others even if they seem to have the same condition as you.

## How do I use Aldara cream?

Aldara cream is a prescription medicine that comes in single-use sachets.



### When using Aldara:

- Do not apply Aldara cream in or near the hairline, eyes, ears, nose or lips.
- Do not use sunlamps or tanning beds during treatment with Aldara.
- Avoid going into the sun as much as possible.
- Wear protective clothing if you go outside during daylight.
- Visit your doctor regularly if you are treating more than one sBCC lesion at the same time.

## How does Aldara cream work?

Aldara cream is a treatment you apply yourself at home. It's recommended for use in adults.

Although the exact way that Aldara works is unknown, it is believed to be due to its effects on the immune system.

Aldara contains the active ingredient imiquimod. Imiquimod is an immune response modifier – it activates immune cells in the body. The immune cells then recognise and destroy the skin cancer.

Because Aldara stimulates the body's own defences, you may experience some local skin reactions such as redness and itching during treatment. This leaflet helps explain what to expect during your treatment with Aldara cream and how to use Aldara cream most effectively.

## What can I expect during treatment with Aldara cream?

During treatment, and until the skin has healed, the skin in the treatment area is likely to appear noticeably different from normal skin.

You may experience skin reactions such as redness, flaking and scabbing at the site where Aldara cream is applied. Sometimes these skin reactions affect areas outside the application area as well. You may also experience small, open sores, swelling or oozing, or you may experience itching or burning.

### How treatment progresses with Aldara

These photographs show how a patient with sBCC progressed during treatment with Aldara cream. Results may vary from patient to patient.



Pre-treatment



After 3 weeks of treatment



After 6 weeks of treatment



At 12 weeks

Photography courtesy of Professor Eggert Stockfleth, Charité Hospital, Berlin, Germany.

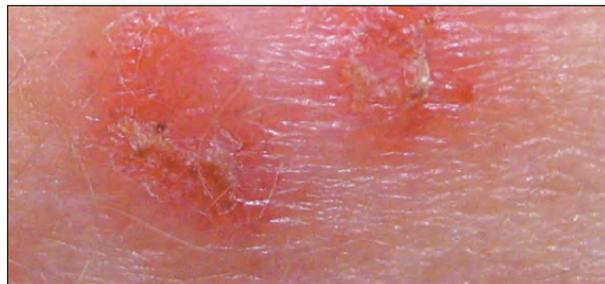
## What should I do if I get local skin reactions?

If you do experience uncomfortable local skin reactions, please talk to your doctor. Your doctor may advise you to take a short break from treatment. When you notice these effects settling down, your treatment can then be resumed.

It is not necessary to make up the doses you missed or to prolong the treatment period.

### How your skin might look when responding to Aldara

Reddening of the treatment area is common and shows that Aldara is working. If your treatment area gets redder than shown in the photograph below, talk to your doctor.



Photograph courtesy of Dr Michael Freeman, Dermatologist, Gold Coast, QLD.

 **Aldara**<sup>™</sup>  
Cream, 5%  
(IMIQUMOD)