

# Diltiazem 2% Hydrochloride Cream

## What is it used for?

Diltiazem hydrochloride cream is used to promote healing and reduce the pain of the small cut or tear that has occurred in the skin inside your anus – also known as an ‘anal fissure’.

## How does it work?

The ointment acts by relaxing the muscle (sphincter) in the back passage (anus), reduces pressure and increases blood flow to the area to allow healing to occur.

## How should I use it?

Apply a small amount to your finger (approximately 2.5cm) and place the cream just inside the anus, at the entrance. A finger covering, such as cling film or a disposable glove may be used to apply the ointment. Use the cream twice a day. Wash hands after use and dispose of finger covering appropriately. It is important that you use this cream every day and complete the full course to offer the best chance of successful healing. Treatment generally continues for a maximum of eight weeks. Treatment may continue for longer than this if directed by your doctor.

## Storage

Keep all medicines out of the sight and reach of children. Do not store or use the cream after the expiry date. Store in a refrigerator, away from direct heat and light.

## Are there any side effects?

All medicines have side effects, but they don't occur in all people who take them. The most common side effects of Diltiazem hydrochloride 2% cream are;

- Headaches. Most headaches will not be severe or long lasting and can be treated with simple painkillers (e.g. paracetamol).
- Light-headedness or dizziness especially when getting up from a sitting or lying down position. If you begin to feel dizzy, sit or lie down until the feeling passes.
- Local burning or itching or rectal bleeding.

Speak to your doctor or pharmacist if any of the following side effects continue or they become troublesome.

## Additional information

The information in this leaflet is not intended to replace your doctor's advice. If you require more information or have any questions, please speak to your doctor, or contact the Hospital Medicines Helpline on 01246 512153. The helpline is available Monday to Friday 9:00am – 5:00pm.

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