

What is Duac[®] (clindamycin and benzoyl peroxide) and why has my doctor prescribed it for me?

Duac is a once-daily gel for the treatment of mild to moderate acne.

Duac is a combination of two medicines that work together to help improve your acne:

1. Clindamycin is an antibiotic which stops the bacteria involved in acne from multiplying
2. Benzoyl peroxide reduces blackheads and whiteheads. It also kills the bacteria involved in acne

It might take 2-5 weeks before you start to see the effects of your treatment, so don't worry if your skin doesn't improve straight away.

How to use Duac once-daily, in the evening, in 3 simple steps

1. Wash the affected area of skin, removing any make-up if necessary, and gently pat dry
2. Put a thin film of Duac gel on the affected area of skin using your fingertips – not just to the individual spots
 - For your face only, use an amount of gel from the tube which reaches from the tip of your finger to the first joint (the first crease on your finger). This is a 'finger tip'
 - For your face and back, use two and a half 'finger tips' in total
 - If the gel does not rub into your skin easily, you are using too much
3. Make sure you wash your hands afterwards



- **Thoroughly wash the affected area of skin**



- **Gently pat dry**



- **Apply a thin layer of Duac gel on the affected area, not just the individual spots**

- Duac doesn't need to be refrigerated, but make sure you store it below 25°C
- Duac should not be used for more than 12 weeks at one time
- Tubes that have been open for more than 2 months should be discarded

How do I fit Duac into my daily routine?

- Use Duac once a day, in the evening
- Wash your skin with water on its own, with a facial wash or with mild soap
- If your skin is dry, avoid harsh soaps and use an oil-free moisturiser
- It is important to apply Duac before you moisturise, and wait around 15 minutes for it to dry
- After it is dry, you can apply non-greasy make-up

If your skin peels or becomes dry, you can try:

- Using an oil and fragrance-free hypoallergenic moisturiser
- Using Duac less often, or stopping for one or two days before starting again

If you experience severe dryness, stop treatment and see your doctor.

Important safety advice for Duac

Before using Duac, you should make sure you tell your doctor about:

- Any known allergies to clindamycin, lincomycin, benzoyl peroxide or any of the other ingredients contained in Duac (check the patient information leaflet that accompanies your medicine if you're unsure)
- Any stomach problems that you may have, including regional enteritis, ulcerative colitis, and antibiotic-associated colitis

Take care

- Make sure you only use Duac on your skin – keep it away from your eyes, lips and mouth
- Don't use Duac on any irritated areas of your skin, such as cuts, grazes, sunburn or eczema
- Duac may bleach your hair, so make sure your hair is tied up to keep it off your face after applying it
- Duac can make your skin more sensitive to the harmful effects of the sun. You should use sunscreen, minimise the time you spend in the sun and avoid the use of sunbeds
- Try not to let Duac come into contact with coloured fabrics including clothes, towels and bed linen, as it can bleach these materials
- Try not to use other acne treatments on your skin whilst you are using Duac, as excessive drying of the skin can occur
- Using more Duac than is recommended will not improve your acne faster, but may increase the chance of you experiencing side effects

Side effects

Like all medicines, Duac can cause side effects

- Very common side effects (at least 1 in 10 people get these) are
 - Duac 5%: at the site of application – redness, peeling, dryness
 - Duac 3%: at the site of application – burning, redness, peeling, itching, dryness
- Common side effects (affecting less than 1 in 10 people) are
 - Duac 5%: headache and at the site of application – burning, pain, sensitivity to sunlight
 - Duac 3%: headache and at the site of application – pain, sensitivity to sunlight, red itchy skin, rash

There are also some rare, but more serious side effects that some people have had after using Duac. If you notice any of the following serious side effects you may need urgent medical treatment. Stop using Duac and see a doctor straight away:

- Signs of an allergic reaction (like swelling in your face, eyes, lips or tongue, nettle rash, difficulty breathing or collapse)
- Severe or prolonged diarrhoea, or abdominal cramps
- Severe burning, peeling or itching

Reporting of side effects

If you experience any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at www.mhra.gov.uk/yellowcard. By reporting side effects you can help provide more information on the safety of this medicine.

For further information about Duac, take a look at the patient information leaflet that accompanies your medicine, or talk to your doctor.

This leaflet has been produced by Stiefel, a GSK company.