PACKAGE INSERT TEMPLATE FOR ADAPALENE CREAM / GEL

Brand or Product Name
[Product name] Cream 0.1% w/w
[Product name] Gel 0.1% w/w

Name and Strength of Active Substance(s)

Adapalene …..% w/w

Product Description
[Visual description of the appearance of the product (eg colour, markings etc)
eg White, smooth glossy cream with a characteristic odour

Pharmacodynamics
Topical: The exact mechanism is not known. Adapalene exhibits some retinoic acid-like activity but it also has additional effects. It is thought that adapalene reduces important features of the pathology of acne vulgaris by normalizing the differentiation of follicular epithelial cells and keratinization to prevent microcomedone formation, similar to the mechanism of retinoic acid. Unlike retinoic acid, adapalene selectively binds to some nuclear retinoic acid receptors (RARs) and does not bind to cellular receptors called cytosolic retinoic acid binding proteins (CRABPs). It is hypothesized that by selectively binding to certain nuclear retinoic acid receptors and not others, adapalene enhances keratinocyte differentiation without inducing epidermal hyperplasia and severe irritation, such as is seen with retinoic acid. Also, adapalene may help reduce cell-mediated inflammation, an effect demonstrated by in vitro studies. Adapalene decreases formation of comedones and inflammatory and non-inflammatory acne lesions

Pharmacokinetics

Absorption
Topical bioavailability is low

Elimination
Topical: Biliary route is major route of excretion

The elimination half-life is 17.2 +/- 10.2 hr

Indication

For the cutaneous treatment of *acne vulgaris* where comedones, papules and pustules predominate. Acne of the face, chest or back is appropriate for treatment

Recommended Dosage

Adapalene cream or gel should be applied to the acne affected areas once a day before retiring and after washing. A thin film of the product should be applied avoiding the eyes and lips. Ensure that the affected areas are dry before application.

With patients for whom it is necessary to reduce the frequency of application or to temporarily discontinue treatment, frequency of application may be restored or therapy resumed once it is judged that the patient can again tolerate the treatment.

If patients use cosmetic, these should be non-comedogenic and non-astringent.

The safety and effectiveness of adapalene cream or gel has not been studied in neonates and young children.

Mode of Administration
Topical

Contraindications
Hypersensitivity to adapalene or any of the components of the product

Warnings and Precautions

- Concurrent use of other potentially irritating topical products; increased risk of skin toxicity
- Cuts, abrasions, eczematous, or sunburned skin
- Sensitivity to sun, inherent; greater risk of skin toxicity when exposed to the sun
- High levels of exposure to sun, including sunlamps; greater risk of skin toxicity should be avoided during treatment with adapalene
- Waxing (depilatory method) of areas treated with adapalene; risk of skin erosions

*For external use only.

*Contact with the eyes should be avoided. In case of accidental contact with the eyes, rinse the eyes thoroughly with running water

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- Because of a potential for increased irritation topical cream/gel should not be used by patients with eczema or seborrhoeic dermatitis.
- If a reaction suggesting severe irritation occurs, discontinue use of the medication. If the irritation is not severe, use the medication less frequently, discontinue use temporarily until symptoms subside, or discontinue use altogether.
- If patients use cosmetics, these should be non-comedogenic and non-astringent. Only oil-free moisturisers should be used to relieve dry facial skin.
- Because topical cream/gel may cause some irritation, it is possible that simultaneous use of abrasive cleansers, astringents or strong drying agents or irritant products may cause additive irritant effects.
- Efficacy and safety in the treatment of severe pustular or deep cystic acne (acne conglobata) have not been studied.
- Use in Children: Safety and efficacy in children below the age of 12 years have not been studied.

Effects on the ability to drive and use machines
Unlikely to impair a patient's ability to drive or use machinery

Interactions with Other Medicaments

There are no known interactions with other medications which might be used cutaneously and concurrently with adapalene; however, other retinoids or drugs with a similar mode of action should not be used concurrently with adapalene.

Absorption of adapalene through human skin is low, and therefore interaction with systemic medications is unlikely. There is no evidence that the efficacy of oral drugs such as contraceptives and antibiotics is influenced by the cutaneous use of adapalene.

Adapalene has a potential for mild local irritation, and therefore it is possible that concomitant use of peeling agents, astringents or irritant products may produce additive irritant effects. However, cutaneous antiacne treatments, e.g. erythromycin (up to 4%) or clindamycin phosphate (1% as the base) solutions or benzoyl peroxide water based gels up to 10%, may be used in the morning when adapalene cream or gel is used at night as there is no mutual degradation or cumulative irritation

Statement on Usage During Pregnancy and Lactation

Pregnancy
There are no adequate and well-controlled studies regarding the use of adapalene in pregnant women. Because there are limited data, topical adapalene should be used during pregnancy only if the potential maternal benefit justifies the potential fetal risk

Lactation
Caution should be exercised when administering adapalene to lactating women due to unknown safety in infants. However, absorption of adapalene through human skin is low and plasma levels even in the mother are expected to be very low . Weigh the potential benefits of drug treatment against potential risks before prescribing this drug during breastfeeding

Adverse Effects / Undesirable Effects

- Dry skin
- Erythema
- Scaly skin
- Sensation of burning of skin
- Skin irritation

- Local adverse events may persist despite cessation of therapy.
- Other infrequent cutaneous adverse events reported which may be related to the application of adapalene included dermatitis/ eczema, vesiculobullous eruption, sunburn, herpes labialis, acne flare and eyelid oedema.

Overdose and Treatment

Adapalene cream or gel is not to be taken orally and is for cutaneous use only. If the medication is applied excessively, no more rapid or better results will be obtained and marked redness, peeling or discomfort may occur.

The acute oral dose of adapalene cream or gel required to produce toxic effects in mice is greater than 10g/kg. Nevertheless, unless the amount accidentally ingested is small, an appropriate method of gastric emptying should be considered.

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Storage Conditions
[eg Store below….°C]

Dosage Forms and Packaging Available
[Packaging type & pack size]

Name and Address of Manufacturer
[Name & full address of manufacturer]

Name and Address of Marketing Authorization Holder
[Name & full address of marketing authorization holder]

Date of Revision of Package Insert
[day/month/year]

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