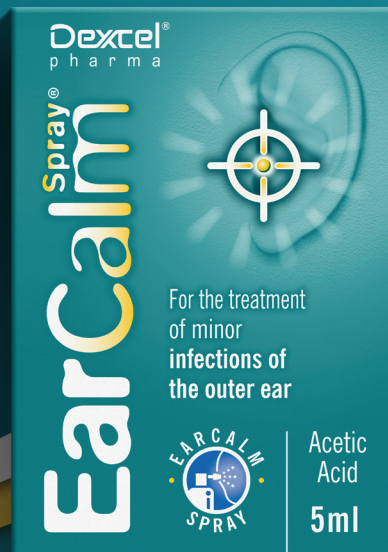


EarCalm[®] Spray

Dexcel[®]
pharma



CALMING RELIEF FROM OUTER EAR INFECTIONS

EarCalm Spray treats minor infections of the outer ear. Containing acetic acid, an antibacterial agent, it targets the bacteria causing the infection to provide relief.

How does EarCalm Spray work?

- EarCalm Spray is used for the treatment of minor infections of the outer ear.
- It contains the active ingredient acetic acid, an antibacterial agent that targets the bacteria causing the infection, helping to relieve the symptoms.

Benefits of EarCalm Spray

- EarCalm Spray is one of the only over-the-counter products indicated for 'otitis externa' available without prescription.
- It's very easy to use and has a metered dose pump spray. Simply spray it straight into the affected ear to help clear symptoms.

How to use EarCalm Spray

- EarCalm Spray is suitable for adults and children aged 12 and over.
- Shake well before use and spray one measured dose into each affected ear at least three times a day (morning, evening and after swimming, showering or bathing), or as directed by a doctor/pharmacist.
- Leave at least 2-3 hours between doses. Continue treatment until two days after symptoms have disappeared, but no longer than 7 days.

What are the causes and symptoms of outer ear infections?

- One in 10 people experience an outer ear infection (otitis externa) at some point in their life.
- Outer ear infections are inflammation and infection of the skin in the ear canal and are usually caused by a bacterial infection. They can also be caused by irritations such as water, eczema, wearing ear plugs, fungal infections and allergies.
- Outer ear infections are often referred to as 'swimmer's ear' as regular exposure to water can make the ear canal more susceptible to inflammation. In fact, the condition is five times more common in swimmers than non-swimmers.
- Symptoms include ear pain, itching and irritation around the ear canal, redness and swelling of the outer ear and ear canal, discharge and a feeling of pressure or fullness inside the ear.

Advice for patients with an outer ear infection

Outer ear infections tend to affect only one ear.

Medication which helps to stop bacteria or fungus spreading is the recommended course of treatment which should clear up symptoms in a few days, although some cases can last for several months or more.

To relieve any discomfort or pain from an outer ear infection, patients can:

- Take paracetamol or ibuprofen
- Place a cold or warm flannel on the affected ear
- Wipe away discharge using cotton wool

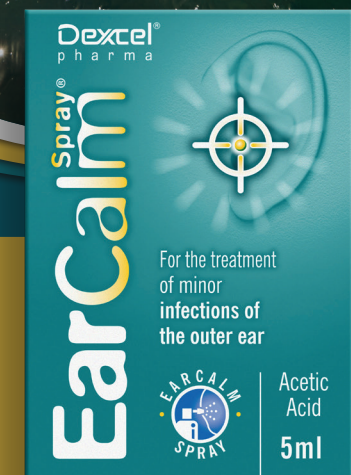
Patients should be advised against:

- Putting cotton buds or their finger inside their ear to remove earwax
- Letting water or shampoo get into the ear – placing cotton wool coated in Vaseline in the ear can help to prevent this
- Using decongestants or antihistamines to help with ear infections

Earache is one of seven common conditions given a defined clinical pathway under the Pharmacy First service and as ear pain can be an indication of outer ear infections, patients may present with this symptom.

If an outer ear infection persists after seven days of treatment patients should speak to their GP.

Children who have regular ear infections or have earache for more than three days should be directed to their GP.



EarCalm Spray

Product Authorisation Holder:

Dexcel[®]-Pharma Ltd,
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Legal classification: P

Ingredients:

Acetic Acid (Glacial) Ph. Eur, 2.0% w/w

Indications:

For the treatment of superficial infections of the external auditory canal

Information about this product, including adverse reactions, precautions, contra-indications, and method of use can be found at: <https://www.medicines.org.uk/emc/product/16007/smpc#about-medicine>

References:

<https://www.nhsinform.scot/illnesses-and-conditions/ears-nose-and-throat/otitis-externa>
<https://www.nhs.uk/conditions/ear-infections/>