

Treating your vulval skin condition with Aldara (Imiquimod) cream

Gynaecology

Information for patients

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Introduction

Aldara cream has the active ingredient Imiquimod. This is a type of medicine called an immunomodulator. It acts by stimulating the body's own defence mechanisms.

How do I use the cream?

1. Before going to bed, wash your hands and the treatment area with what you use instead of soap (such as Cetaben) and water. Pat the skin dry carefully with a towel.
2. Open a new sachet of the Aldara cream. Squeeze some cream onto your fingertip.
3. Put a thin layer of the Aldara cream into the clean, dry area. Rub gently into the skin until the cream soaks in.
4. Throw away any left over cream from the opened sachet. Wash your hands with soap and water.
5. Leave the Aldara cream on the area for 6 to 10 hours. Overnight is usually best. Do not shower or bathe during this time. Do not have sex while the cream is on your skin.
6. After 6 to 10 hours, wash the area where the Aldara cream was applied with what you use instead of soap and water.

How often do I use the cream?

We will tell you how often to use the cream.

This varies as we start slowly. We build it up to make sure you are able to cope with it.

You will usually have a phone consultation during the course of your treatment. This is to check you are not having any problems with the treatment.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.uhleicester.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net



What side effects might I have from using the cream?

When you first use the cream you may have some itching, irritation, pain or burning. This is why we ask you to slowly increase how often you apply it. If the skin becomes very red and sore stop using the cream until it settles. Use your moisturiser cream to soothe the skin. You can use some Flamazine cream if the area becomes very sore and painful.

You could rarely have a skin reaction and flu-like symptoms such as fever, feeling sick or aches and pains. If this happens, have a break of a few days before starting the treatment again.

Contact details for queries: Colposcopy medical secretaries

0116 258 4167

Symptom diary	Symptoms	Score of 1-10 1=no symptoms 10=worst symptoms	What have you done to get relief?
Week 1 DATE:			
Week 2 DATE:			
Week 3 DATE:			
Week 4 DATE:			

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
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Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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