



**The Leeds
Teaching Hospitals**
NHS Trust

Topical Sirolimus for adults and children

Information for patients



This leaflet describes how topical sirolimus 0.1% ointment should be used and provides advice on how to handle this medicine safely.

What is this medicine?

Sirolimus 0.1% ointment, in white soft paraffin, is an immunosuppressive medicine used to treat patients with tuberous sclerosis complex who develop facial angiofibromata.

Angiofibromata are red lesions that consist of blood vessels and fibrous tissue. The ointment works by blocking the cells that cause the lesions to grow. Sirolimus, when taken by mouth, can suppress the immune system but studies have shown that when used in small concentration in an ointment, the drug does not enter the blood stream to any significant extent, so no general immune suppression will occur.

How is the medicine given?

- A thin coating should be applied to the affected areas once a day in the evening. Allow to air dry for 60 minutes and remove by gentle washing the next morning.
- It is important that you do not touch the ointment directly with your hands. Gloves should be worn. If you are pregnant or think you may be pregnant or are breast feeding it is better to avoid handling this medication if at all possible.
- Use a disposable non-metal applicator to apply ointment. . This can be a cotton bud. Try, as far as possible, not to apply to the normal surrounding skin. If contact does occur, wash and dry the area.
- Use extra care when applying ointment around the eyes, nose, and mouth.

- Wash your hands immediately after handling this medicine.
- Waste products, gloves, used paper towels for example, should be placed in a double lined plastic rubbish bin. The double bag should be disposed of as for normal household waste.
- Avoid unnecessary contact with the ointment and minimise contact with any clothing.

Accidental contact

- If contact occurs with your skin, you must wash the area immediately, using plenty of water. If the skin is sore you should contact your clinic doctor or your GP (family doctor), for advice.
- If contact occurs with your eyes, wash immediately with plenty of water for at least ten minutes. If after this your eyes are sore you should go to your nearest Accident and Emergency (A+E) department.
- If you spill any ointment on the work surface or floor, wearing gloves, cover the spillage with kitchen paper. Wipe up as much as possible and then clean with household cleaner and water. Used kitchen paper, gloves and other items used to clean up the spillage should be double bagged and disposed of with the household waste.
- If any ointment comes into contact with your clothing, the area should be blotted dry with kitchen paper. Clothing should be removed immediately and washed separately from other items. Used kitchen paper should be disposed of as above.

Side-effects

- Skin irritation is possible. If this occurs inform your clinic doctor.

General safety

- Keep all medicines in a safe place where children cannot reach them.
- It is important to give medicines as directed by the doctor, nurse or pharmacist and at the right time.
- Sirolimus ointment has a three month expiry. It should be stored at room temperature. Return any remaining ointment to your pharmacist.
- If the doctor decides to stop treatment, return any remaining ointment to your pharmacist.
- Sirolimus 0.1% ointment is a specialist treatment that can only be provided by Leeds Teaching Hospitals pharmacies.
- Sirolimus 0.1% ointment is a paraffin based product. If paraffin based products are covered by a dressing or clothing, there is a danger that smoking, or using a naked flame could cause the dressing or clothing to catch fire. Please speak to your doctor, nurse or pharmacist if you have any questions about this information.

If you are concerned about anything in this leaflet, please ring one of the contact numbers below. Ask your doctor, nurse or pharmacist if you have more general queries or concerns.

Useful Numbers

Hospital Switchboard: 0113 243 2799

Pharmacy Medicines Information Patient Helpline

Tel: 0113 206 4376

Enquiries for children only:

Children's Services Paediatric Dermatology Clinical Nurse

Specialists: 0113 392 4380 or 0113 392 4846