

## PACKAGE LEAFLET: INFORMATION FOR THE USER

### Vitamin A-POS 250 I.U./g, eye ointment

Retinol palmitate

#### **Read all of this leaflet carefully because it contains important information for you.**

This medicine is available without prescription. However, you still need to use Vitamin A-POS carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- You must contact a doctor if your symptoms worsen or do not improve.
- If any of the side effects gets serious, or if you notice any side effect not listed in this leaflet, please tell your doctor or pharmacist.

#### **In this leaflet:**

1. What Vitamin A-POS is and what it is used for
2. Before you use Vitamin A-POS
3. How to use Vitamin A-POS
4. Possible side effects
5. How to store Vitamin A-POS
6. Further information

### **1. WHAT VITAMIN A-POS IS AND WHAT IT IS USED FOR**

Pharmacotherapeutic group: ophthalmologicum, vitamin for reepithelialisation

Therapeutic indications: Vitamin A-POS improves the tear film and protects the surface of the eye. The sensation of burning, dry or tired eyes is relieved. Vitamin A-POS is used as a supportive therapy for atrophic changes of the cornea and conjunctiva, caused by Vitamin A deficiency, for example by Keratomalacia and Xerophthalmia.

Furthermore, it is used as a supportive therapy for trophic disturbances of the cornea and conjunctiva, caused by mucin deficiency, by a well preserved protecting serous tear film.

### **2. BEFORE YOU USE VITAMIN A-POS**

#### **Do not use Vitamin A-POS**

- if you are allergic (hypersensitive) to retinol palmitate or any of the other ingredients.

### **Take special care with Vitamin A-POS**

- if you wear contact lenses. Contact lenses should not be worn during treatment with Vitamin A-POS.

### **Using other medicines**

Please tell your doctor or pharmacist if you use or have recently used any other medicines, including medicines obtained without a prescription.

No clinically relevant interactions with VitaminA-POS became known until now.

### **Pregnancy and breast-feeding**

During pregnancy and the lactation period, women are allowed to use the Vitamin A-POS preparation.

### **Driving and using machines**

Vision will temporarily be impaired and in consequence reaction time may be delayed after the application of Vitamin A-POS because of an ointment film on the cornea. Therefore you should not drive, operate machinery or work without stable footing shortly after applying Vitamin A-POS.

## **3. HOW TO USE VITAMIN A-POS**

Always use vitamin A-POS exactly as your doctor has told you. You should check with your doctor or pharmacist if you are not sure.

The usual dosage depends on the individual complaints and habits. In case of distinct sensation of dry eyes Vitamin A-POS is usually used three times daily. The application before going to bed at night is particularly recommended.

For ocular use.

Unscrew the cap covering the tube tip. Retract the lower eye lid with a finger until the inner red, moist surface is exposed. Tilt your head back and gently squeeze out a small strip of ointment into the conjunctival sac. Close the tube carefully after use!

Eye ointments should always be used avoiding a contact of the tube-tip with the eye or the skin.

### **If you used more of Vitamin A-POS than you should**

- no special measures have to be taken. Even if a child eats the ointment, there will be no risk of intoxication.

### **If you forget to use vitamin A-POS**

- do not apply the double dose next time, but make up for the application as soon as possible and choose the dose and time intervals for the following applications as described above or according to your physician.

### **4. POSSIBLE SIDE EFFECTS**

Like all medicines, Vitamin A-POS can cause side effects, although not everybody gets them.

For the assessment of undesirable effects the following frequencies of occurrence are defined:

Very common:	more than 1 of 10 treated patients
Common:	more than 1 of 100 treated patients
Uncommon:	more than 1 of 1000 treated patients
Rare:	more than 1 of 10 000 treated patients
Very rare:	1 or less than 1 of 10 000 treated patients, including single cases.

Side effects to Vitamin A-POS are not known.

If you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

### **5. HOW TO STORE VITAMIN A-POS**

Keep out of reach and sight of children.

Do not use Vitamin A-POS after the expiry date which is stated on the packaging carton and the tube.

Vitamin A-POS should not be stored above 25°C.

Vitamin A-POS can be used for 3 months after opening.

### **6. FURTHER INFORMATION**

#### **What Vitamin A-POS contains**

The active substance is retinol palmitate 250 IU./g.

The other ingredients are white vaseline; light liquid paraffin; liquid paraffin; wool fat.

#### **What Vitamin A-POS looks like and contents of the pack**

Vitamin A-POS is a yellow/white, lightly transparent, homogeneous eye ointment. Each pack contains a tube with 5 g eye ointment.

## **MARKETING AUTHORISATION HOLDER**

Biem Ýlaç Ltd. İti.  
Denizciler Caddesi No. 7  
6240 Ulus/Ankara, Turkey

## **MANUFACTURER**

URSAPHARM Arzneimittel GmbH & Co. KG  
IndustriestraÙe 35  
66129 Saarbrücken, Germany  
Phone: +49 (0) 6805-92 92-0  
Fax: +49 (0) 6805-92 92-88  
e-mail: [info@ursapharm.de](mailto:info@ursapharm.de)  
[www.ursapharm.de](http://www.ursapharm.de)

For any information about this medicine, please contact the local representative of the Marketing Authorisation Holder.

This leaflet was last approved in 08/2008

### Advice for use:

Please take the ointment out of the tube by gentle squeezing without folding or rolling up.