

Celestone[®] M

Consumer Medicine Information (CMI) summary

The [full CMI](#) on the next page has more details. If you are worried about using this medicine, speak to your doctor or pharmacist.

1. Why am I using Celestone M?

Celestone M contains the active ingredient betamethasone valerate. Celestone M is used on the skin to relieve the redness, swelling, itching and discomfort of many skin problems.

For more information, see Section [1. Why am I using Celestone M?](#) in the full CMI.

2. What should I know before I use Celestone M?

Do not use if you have ever had an allergic reaction to betamethasone valerate or any of the ingredients listed at the end of the CMI.

Talk to your doctor if you have any other medical conditions, take any other medicines, or are pregnant or plan to become pregnant or are breastfeeding.

For more information, see Section [2. What should I know before I use Celestone M?](#) in the full CMI.

3. What if I am taking other medicines?

Some medicines may interfere with Celestone M and affect how it works.

More information can be found in Section [3. What if I am taking other medicines?](#) in the full CMI.

4. How do I use Celestone M?

- Apply a thin film of Celestone M Cream to the affected skin two to three times daily. Massage gently until it disappears

More instructions can be found in Section [4. How do I use Celestone M?](#) in the full CMI.

5. What should I know while using Celestone M?

Things you should do	<ul style="list-style-type: none">• Remind any doctor, dentist or pharmacist you visit that you are using Celestone M.• Discontinue Celestone M immediately and speak to your doctor if it causes irritation or sensitisation
Things you should not do	<ul style="list-style-type: none">• Do not use Celestone M under dressings, over large areas of skin, or on the face unless your doctor has told you to; .• Do not use it near the eyes• Do not use it under plastic pants or tightly fitting nappies in young children
Looking after your medicine	<ul style="list-style-type: none">• Keep Celestone M in a cool, dry place where the temperature stays below 25°C.

For more information, see Section [5. What should I know while using Celestone M?](#) in the full CMI.

6. Are there any side effects?

Local, skin-related side effects such as burning, itching, irritation, infection or dryness, acne, skin thinning and discolouration have been reported with the use of topical corticosteroids, especially under occlusive dressings.

For more information, including what to do if you have any side effects, see Section [6. Are there any side effects?](#) in the full CMI.

Celestone M₁

Active ingredient(s): *betamethasone valerate*

Consumer Medicine Information (CMI)

This leaflet provides important information about using Celestone M. **You should also speak to your doctor or pharmacist if you would like further information or if you have any concerns or questions about using Celestone M.**

Where to find information in this leaflet:

- [1. Why am I using Celestone M?](#)
- [2. What should I know before I use Celestone M?](#)
- [3. What if I am taking other medicines?](#)
- [4. How do I use Celestone M?](#)
- [5. What should I know while using Celestone M?](#)
- [6. Are there any side effects?](#)
- [7. Product details](#)

1. Why am I using Celestone M?

Celestone M contains the active ingredient betamethasone valerate. Celestone M is a type of cortisone and belongs to the group of medicines called corticosteroids. Celestone M is classified as a moderately strong topical corticosteroid.

Celestone M is used on the skin to relieve the redness, swelling, itching and discomfort of many skin problems such as psoriasis (a stubborn skin disorder with raised, rough reddened areas covered with dry, fine silvery scales), eczema (an often itchy skin condition with redness, swelling, oozing of fluid, crusting which may lead to scaling) and other types of dermatitis.

2. What should I know before I use Celestone M?

Warnings

Do not use Celestone M:

- If you are allergic to betamethasone valerate, any other corticosteroid(s), or any of the ingredients listed at the end of this leaflet. Some symptoms of an allergic reaction include wheezing, skin rash and hives.
- Always check the ingredients to make sure you can use this medicine.

Unless your doctor tells you to, do not use Celestone M if you have:

- a viral skin infection (such as cold sores, shingles or chicken pox)
- a fungal skin infection (such as thrush, tinea or ringworm)
- tuberculosis of the skin
- acne rosacea
- inflammation around the mouth

- skin conditions with ulcers

Ask your doctor to be sure you do not have any of these conditions.

Check with your doctor if you:

- have any other medical conditions especially if you have an infection
- take any medicines for any other condition
- have allergies to any other medicines or any other substances, such as foods, dyes or preservatives.

During treatment, you may be at risk of developing certain side effects. It is important you understand these risks and how to monitor for them. See additional information under Section [6. Are there any side effects?](#)

Pregnancy and breastfeeding

Check with your doctor if you are pregnant or intend to become pregnant.

If you become pregnant while using Celestone M, tell your doctor.

Talk to your doctor if you are breastfeeding or intend to breastfeed.

Your doctor will discuss the risks and benefits of using this medicine when pregnant or breast-feeding.

Do not apply this medicine to the breasts before breast feeding.

3. What if I am taking other medicines?

Tell your doctor or pharmacist if you are using other creams, ointments or lotions or taking any other medicines, including any medicines, vitamins or supplements that you buy without a prescription from your pharmacy, supermarket or health food shop.

Some medicines may affect the way others work..

Your doctor or pharmacist will be able to tell you what to do when using Celestone M with other medicines.

Check with your doctor or pharmacist if you are not sure about what medicines, vitamins or supplements you are taking and if these affect Celestone M.

4. How do I use Celestone M?

How much to use

Apply a thin film of Celestone M Cream to the affected skin two to three times daily. Massage gently until it disappears

How to use Celestone M

- It is important to use Celestone M exactly as your doctor has told you. If you use it less often than you should, it may not work as well and your skin problem may not improve.

- Using it more often than you should may not improve your skin problem any faster and may cause or increase side effects.
- Your doctor or pharmacist will tell you how long to use Celestone M. Do not use Celestone M for longer than your doctor tells you.
- Do not use Celestone M just before having a bath, shower or going swimming. If you do you may reduce the effectiveness of this medicine.

Follow these instructions only if you have been asked to use Celestone M under an occlusive dressing:

- apply a thin layer of Celestone M on the affected area
- cover with a light gauze dressing followed by a water-resistant plastic wrap on top
- extend the plastic wrap over the edges of the treated area
- seal the edges to normal skin using adhesive tape
- leave the dressing undisturbed for 1 to 3 days
- apply new occlusive dressings 3 to 4 times during the treatment period as needed

If you forget to use Celestone M

If it is almost time for your next application, skip the one you missed and apply the next dose when you are meant to. Otherwise use it as soon as you remember, and then go back to using your medicine as you would normally.

Do not apply twice the amount to make up for the application you missed.

If you have trouble remembering to use your medicine, ask your pharmacist for some hints.

If you swallow Celestone M

If you or someone else has swallowed Celestone M, you may need urgent medical attention.

You should immediately:

- phone the Poisons Information Centre (by calling 13 11 26), or
- contact your doctor, or
- go to the Emergency Department at your nearest hospital.

You should do this even if there are no signs of discomfort or poisoning.

5. What should I know while using Celestone M?

Things you should do

Discontinue Celestone M immediately if it causes irritation or sensitisation.

Tell your doctor if you feel that Celestone M is not helping your condition or if your skin condition worsens or seems infected.

Tell your doctor if, for any reason, you have not used Celestone M exactly as prescribed.

Otherwise, your doctor may think that it was not effective and change your treatment unnecessarily.

Remind any doctor, dentist or pharmacist you visit that you are using Celestone M.

Things you should not do

- Do not use Celestone M under dressings or on large areas of skin unless your doctor tells you. If your doctor has ordered an occlusive dressing (airtight covering) to be applied over Celestone M, make sure you know how to apply it. Since occlusive dressings increase the amount of medicine absorbed through your skin and the possibility of side effects, use them only as directed. If you have any questions about this, check with your doctor.
- Do not use plastic pants or tightly fitting nappies if Celestone M is to be used on the nappy area of young children.
- Do not use Celestone M in or near the eyes.
- Do not use Celestone M on the face unless your doctor tells you to. Use only a small amount and stop when the condition has cleared.
- Do not give Celestone M to anyone else even if their symptoms seem similar to yours.
- Do not use Celestone M to treat other conditions unless your doctor tells you.
- Your doctor has prescribed Celestone M especially for you and your condition. If you use it for another condition, it may not work or make the condition worse.

Things to be careful of

- Do not use large amounts for a long time.
- If you use large amounts for a long time, the chance of absorption through the skin and the chance of side effects increase.
- Ask your doctor if you are concerned about the length of time you have been using Celestone M.
- Only use Celestone M on skin areas that rub together such as under the arm or in the groin area if your doctor tells you.
- Children and adolescents should be followed closely by the doctor, since this medicine is absorbed through the skin and can affect growth or cause other unwanted effects.

Looking after your medicine

- Keep Celestone M in a place where the temperature stays below 25°C

Follow the instructions in the carton on how to take care of your medicine properly.

Store it in a cool dry place away from moisture, heat or sunlight; for example, do not store it:

- in the bathroom or near a sink, or
- in the car or on window sills.

Do not use Celestone M if the packaging is torn or shows signs of tampering.

Keep it where young children cannot reach it.

Getting rid of any unwanted medicine

If you no longer need to use this medicine or it is out of date, take it to any pharmacy for safe disposal.

Do not use this medicine after the expiry date.

6. Are there any side effects?

All medicines can have side effects. If you do experience any side effects, most of them are minor and temporary. However, some side effects may need medical attention.

See the information below and, if you need to, ask your doctor or pharmacist if you have any further questions about side effects.

Less serious side effects

Less serious side effects	What to do
<p>Skin-related:</p> <ul style="list-style-type: none">• burning• itching• irritation• infection or dryness of skin• irritation or redness of the face• increased hair growth• acne• change in skin colour• thinning of skin with easy bruising• maceration of the skin• stretch marks• infection of the hair roots• rash around mouth area• contact dermatitis• heat rash• secondary infection• dilated blood vessels near the surface of the skin• tingling• warm feeling• scaling skin <p>Eye-related:</p> <ul style="list-style-type: none">• visual disturbances or blurred vision	<p>Speak to your doctor if you have any of these less serious side effects and they worry you.</p>

Tell your doctor or pharmacist if you notice anything else that may be making you feel unwell.

Side effects that may happen with oral or injectables corticosteroids may also occur with corticosteroids used on the skin, especially in infants and children.

Other side effects not listed here may occur in some people.

Reporting side effects

After you have received medical advice for any side effects you experience, you can report side effects to the Therapeutic Goods Administration online at www.tga.gov.au/reporting-problems. By reporting side effects, you can help provide more information on the safety of this medicine.

Always make sure you speak to your doctor or pharmacist before you decide to stop taking any of your medicines.

7. Product details

This medicine is only available with a doctor's prescription.

What Celestone M contains

Active ingredient (main ingredient)	betamethasone as valerate 0.2 mg/g
Other ingredients (inactive ingredients)	chlorocresol (preservative) cetomacrogol 1000 cetostearyl alcohol liquid paraffin white soft paraffin monobasic sodium phosphate dihydrate phosphoric acid purified water
Potential allergens	cetostearyl alcohol chlorocresol.

Do not take this medicine if you are allergic to any of these ingredients.

What Celestone M looks like

Celestone M Cream is a white to off-white cream. It is packed in 100 g tubes. (Aust R 18778).

Who distributes Celestone M

Organon Pharma Pty Limited
Level 5, 66 King St
Sydney NSW 2000
AUSTRALIA

This leaflet was prepared in January 2025.

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