

FOR MILD TO MODERATE ECZEMA IN PATIENTS  
2 YEARS OF AGE AND OLDER

# YOUR GUIDE TO USING **EUCRISA**

For more support and information visit:

**Eczema Society of Canada**  
[www.eczemahelp.ca](http://www.eczemahelp.ca)

**Canadian Dermatology Association**  
[www.dermatology.ca](http://www.dermatology.ca)



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# Understanding eczema

Eczema is a chronic inflammatory skin condition that commonly affects children and can continue into adolescence and adulthood.



Eczema happens when the skin's barrier isn't working properly. This means that the skin's barrier to the outside world is broken down, affecting the skin's ability to hold moisture – often resulting in patches of dry, red, and intensely itchy skin.

**The main focus for people with eczema is keeping skin hydrated to preserve and protect the skin barrier**

Eczema may appear anywhere on the skin, including the hands, feet, ankles, wrists, neck, upper chest, eyelids, and inside the bend of the elbows and knees.



ARM



LEGS



NECK



EYELID

**Eczema is a chronic skin condition with no known cure**

## Who should not use EUCRISA?

Do not use EUCRISA if you or your child are allergic to crisaborole or any of the other ingredients in EUCRISA.

Tell your doctor if you are:

- Pregnant or planning to become pregnant
- Breastfeeding or plan to breastfeed

## What are the possible side effects of using EUCRISA?

The most common side effect of EUCRISA is pain on the area where you applied it, such as burning or stinging.

These are not all the possible side effects you may feel when taking EUCRISA. Talk to your doctor if you experience a troublesome symptom or side effect that is not listed here, or if you have any questions or concerns regarding your treatment.

# Information about your EUCRISA treatment

Your doctor has prescribed EUCRISA to help treat your or your child's mild to moderate eczema. This section will help you make the most of your EUCRISA treatment.

EUCRISA is a non-steroid topical treatment for mild to moderate eczema.

## TIPS TO HELP HYDRATE YOUR SKIN



Bathe or shower once daily in **warm water**; ensure the water is not too hot



Use a **gentle cleanser** that doesn't contain soap or perfumes



After bathing, pat dry and immediately **apply moisturizer** to your damp skin

## What is EUCRISA?

EUCRISA is a topical prescription ointment used on the skin to treat mild to moderate eczema in people ages 2 and up.

## What ingredients are in EUCRISA?

- Medicinal ingredient: Crisaborole
- Non-medicinal ingredients: Butylated hydroxytoluene, edetate calcium disodium, mono- and diglycerides, paraffin, propylene glycol, white petrolatum

## How does EUCRISA work?

The exact way EUCRISA works is not known, but it is thought to help reduce the amount of substances in the body that trigger the rash and itchiness caused by eczema.

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# How do I use EUCRISA?

## EUCRISA is usually applied twice daily

- Apply a thin layer of EUCRISA to affected areas
- Be sure to use EUCRISA exactly as your healthcare provider tells you
- EUCRISA is for topical use only; do not use EUCRISA in your or your child's eyes, mouth, or vagina
- Wash your hands after applying EUCRISA, unless you are using it to treat eczema on your hands.  
All caregivers who apply EUCRISA for someone else should wash their hands after applying it.
- Rinse with water if EUCRISA gets in your or your child's eyes, mouth, or vagina
- If you forget to apply EUCRISA as directed, apply it as soon as you remember – do not apply twice as much the next time you use it

## How much EUCRISA should I use?



Your doctor will tell you how to use EUCRISA based on your or your child's medical condition and response to treatment. Do not use any more or any less of EUCRISA than your doctor says.

**Use the treatment tracker located under the foldout panel at the back of this brochure to help you remember to apply EUCRISA as instructed**

## What are the typical signs and symptoms?

- Dry skin
- Potentially severe itching, especially at night
- Red to brownish-grey patches
- Thickened, cracked, scaly skin
- Patches that ooze and crust over when scratched

## What triggers eczema symptoms?

Eczema can be triggered by environmental elements, but sometimes eczema can worsen with no obvious trigger. Common triggers include:



### IRRITANTS

soaps, detergents, sweat, wool, rough fabrics



### ALLERGENS

dust mites, animal dander, pollens, molds



### ENVIRONMENT

temperature extremes, high or low humidity, tobacco smoke

By avoiding triggers, you may experience eczema less often. But one of the frustrating parts of having eczema is that it may occur even when you are diligently avoiding triggers and taking care of your skin.

## Notes

This section can be used for writing down care tips from your doctor or any follow-up questions you might want to remember for your next appointment.

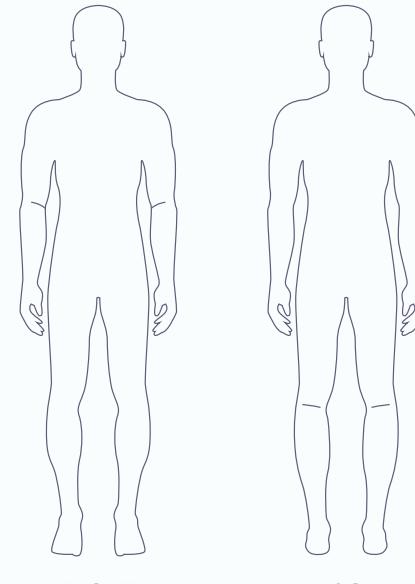


Talk to your doctor about developing a written eczema care plan to help manage your overall treatment

# Your EUCRISA treatment tracker

Keep this tool in a handy location to help you remember to keep track of your EUCRISA treatment – use the notes sections to write down any questions to bring up during your next appointment.

With your doctor, mark up the silhouette to help you remember where to apply EUCRISA



Use the table under this flap to help track your EUCRISA treatment applications

# Keeping track of your EUCRISA treatment

It can be easy to forget if you actually applied EUCRISA as instructed (usually twice daily) – especially during a busy week. Use this table to help you keep track of your EUCRISA treatment.



In addition to tracking your treatment, taking a picture of any affected areas **before starting treatment** and at the **end of each week** can help you and your doctor assess your response to treatment

Each time you apply treatment, place a checkmark in the corresponding box to indicate that you applied EUCRISA

BEFORE PHOTO(S)	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	AFTER PHOTO(S)
	1 <input type="checkbox"/> 2 <input type="checkbox"/>							
	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14	AFTER PHOTO(S)
	1 <input type="checkbox"/> 2 <input type="checkbox"/>							
	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21	AFTER PHOTO(S)
	1 <input type="checkbox"/> 2 <input type="checkbox"/>							
	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28	AFTER PHOTO(S)
	1 <input type="checkbox"/> 2 <input type="checkbox"/>							