



## Patient Information Leaflet

### Cetearyl alcohol (cetyl stearyl alcohol)

You are allergic to cetearyl alcohol. This is a fatty alcohol used as a moisturiser and lubricant. It is present in many cosmetics and steroid creams used to treat skin conditions. **Cetyl alcohol** and **stearyl alcohol** (its building blocks) may be present separately or together and may cross react. Therefore any products listing **Cetearyl alcohol**, **cetyl alcohol** or **stearyl alcohol** need to be avoided. If it is present in a cosmetic product sold within the EU, then it should be labelled as a constituent ingredient.

It is present in most cream formulations: ointments are more likely to be safe.

#### Sources

Moisturisers

Antifungal, acne and steroid creams

Medicinal soaps

Sunscreens

Detergents (as a defoamer)

Textile oils and finishes (to prevent evaporation)

#### In topical steroids:

Adcortyl cream with graneodin  
Betnovate, RD, C and N creams

Betnovate Lotion

Cutivate cream

Dermovate cream

Dioderm cream

Diprosone cream

Efcortelan cream

Elocon cream

Eumovate cream

Eurax HC cream

Fucibet cr; Fucidin H cream and ointment

Gregoderm ointment

Haelan cream and ointment

Locoid cream; Crelo; Lipocream; C cream

Lotriderm cream

Metosyn cream

Mildison lipocream

Modrasone cream

Nerisone cream

Nystaform HC cream

Propaderm cream

Quinocort cream

Synalar cream; 1:4; 1:10, C and N creams

Terracortril nystatin cream

Ultralanum cream

Vioform HC cream

Timodine cream

Trimovate cream

#### In emollients:

Aqueous cream BP

Aveeno

Cetraben cream

Dermol cream

Dermol 200 shower emollient

Dermol 500 lotion

Diprobase cream

Emulsifying ointment

Epaderm

Eurax

Hydromol cream/ointment

Lacticare

Lipobase

Sprilon

Ultrabase

Unguentum Merck

Xepin

#### It is safe to use

Betnovate ointment

Dermovate ointment

Synalar ointment

Diprobase ointment

Doublebase gel

ALWAYS CHECK THE INGREDIENT LABEL