

Getting started with Seaford Nifedipine and Lidocaine HCl Cream

Living with a painful condition, like chronic anal fissures (AF), can be challenging, especially if your condition makes you anxious or embarrassed. The good news is there's no need to be embarrassed; AF is a very common condition, and your doctor has prescribed Seaford AF Cream to help you heal and find relief from your symptoms.

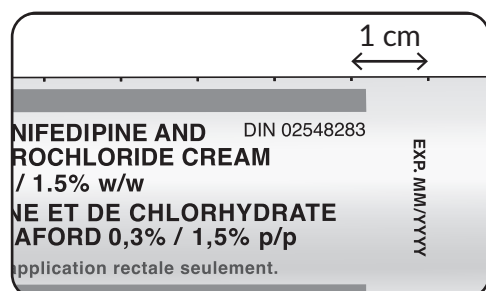
Seaford AF Cream has an easy-to-use applicator to help support consistent dosing

Applying Seaford AF Cream

Preparation

1. Gather the following:

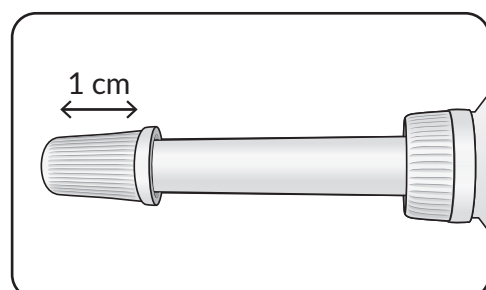
- 30 g tube of Seaford AF Cream
- Applicator, with cap



Important: Notice the markings on the side of the tube. These are 1 cm apart. This is a single dose of cream. It's a small amount. Remember this size for the next steps!

2. Attach the applicator

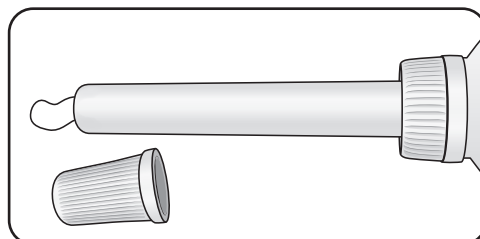
- Remove the top from the tube of Seaford AF Cream
- Screw the applicator onto the opening of the tube of cream
- Make sure it's firmly attached so it doesn't leak



Important: Notice the length of the cap on the applicator. It's about 1 cm long. This is how far you'll insert the applicator into the anus when you apply the cream. It's not far. Remember this size for the next steps!

3. Lubricate the applicator tip (optional but recommended)

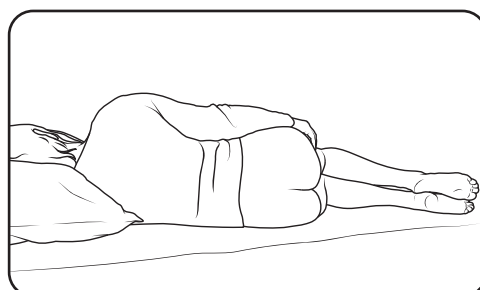
- Remove the cap and gently squeeze the tube until the entire applicator tip has cream inside it. **Do not** fill it completely – just enough so a small amount appears at the end
- Apply a small amount of the cream to the outer surface of the applicator. This reduces discomfort during insertion



4. Thoroughly clean and dry the anal/rectal area



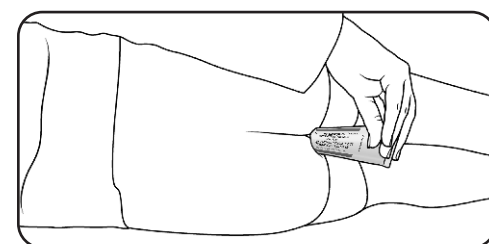
5. Lie down on your left side in a comfortable place with your knees pulled slightly towards your chest.



Applying the dose

6. Insert the tip of the applicator into the anal canal – up to 1 cm

- **Do NOT** insert fully – the design ensures the holes near the end of the applicator base apply the cream without deep penetration



7. Gently squeeze the tube from the bottom for 2-3 seconds to release 1 cm of cream. Try to visualize the markings on the tube and only release the cream until the next marking on the tube is reached. The cream exits through the end of the tip to coat the anal canal internally

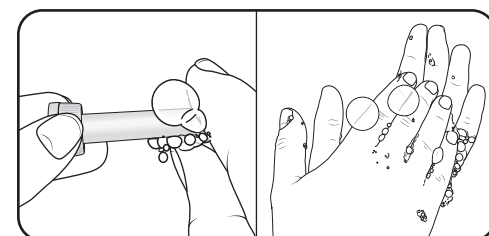
8. Withdraw the applicator and remain on your side for 3 to 5 minutes

Cleaning up

9. Unscrew the applicator from the tube and wash it with warm water and soap. Dry well, and store for reuse

10. Place the cap back on the tube

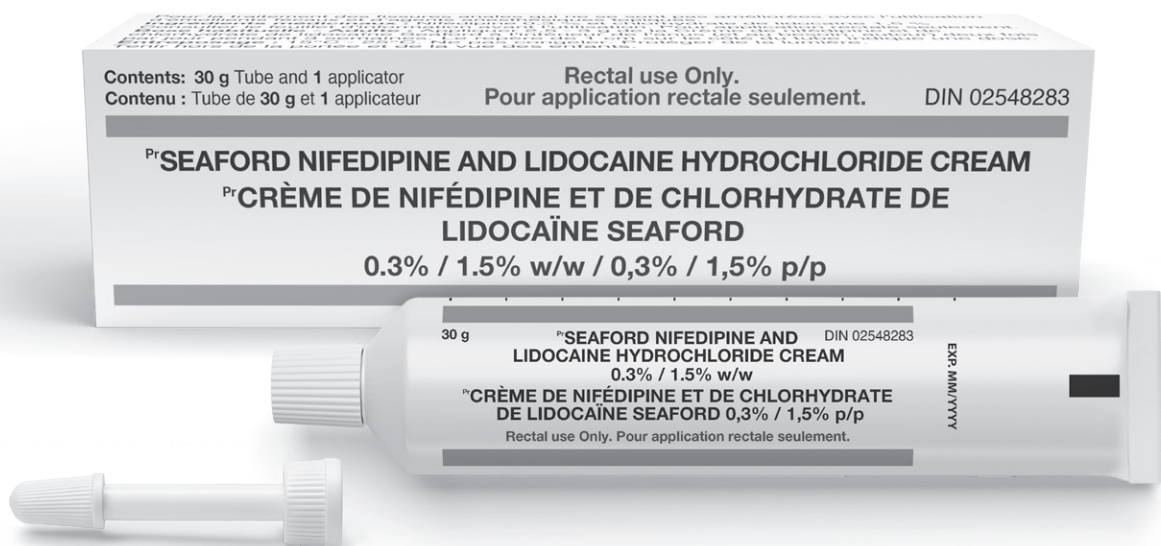
11. Wash your hands with soap and water



• 1 cm of cream • Twice a day • For 3 weeks* •

*Ask your doctor if additional treatment is needed for healing.

Seaford Nifedipine and Lidocaine HCl Cream FAQs



Serious Warnings and Precautions

Seaford AF Cream can cause a rare, but serious, blood disorder called methemoglobinemia. It can appear up to two hours after you use Seaford AF Cream. Stop using Seaford AF Cream and talk to your healthcare professional immediately if you get any of the following symptoms: weakness, confusion, headache, difficulty breathing, pale, grey or blue coloured skin.

What is Seaford AF Cream used for?

Seaford AF Cream is used in adults for the management of anal fissures (AF) that have not improved with the use of stool softeners and topical anesthetic agents. Fissures are usually caused by hard, dry bowel movements or loose, frequent bowel movements.

How does Seaford AF Cream work?

Seaford AF Cream has two medicinal ingredients: nifedipine and lidocaine. Together, they help relieve pain, relax the muscles around the anus, and promote healing. Nifedipine relaxes the muscles in the anal sphincter (the muscle around the anus). This improves blood flow and helps the fissure to heal. Lidocaine eases the pain of AF by temporarily numbing the area where it is applied.

What are possible side effects when using Seaford AF Cream?

Side effects may include headache, nausea, vomiting, constipation, hot flashes, bleeding from the rectum when having a bowel movement, fecal incontinence (inability to hold stool until you get to a toilet). These are not all the possible side effects you may have when using Seaford AF Cream. If you experience any side effects not listed here, or you have a troublesome symptom or side effect that is not listed here or becomes bad enough to interfere with your daily activities, tell your healthcare professional.

What if I miss a dose of Seaford AF Cream?

If you forgot to administer a dose of Seaford AF Cream at the usual time, do not use a double dose. Skip the missed dose and wait until it is time for your next dose.

Refer to the package insert for important safety information regarding contraindications, warnings and precautions.



Disclaimer:

Seaford Pharmaceuticals Inc. is the Market Authorization Holder for this product in Canada. This product has been authorized for sale by Health Canada (DIN 02548283).

Distributed by:

Seaford Pharmaceuticals Inc.
29-1530 Drew Road, Mississauga, Ontario, Canada
© 2026 Seaford Pharmaceuticals Inc. All rights reserved.

This material is intended for informational purposes only and should not be considered a substitute for professional medical advice, diagnosis, or treatment.

Always consult a qualified healthcare professional to determine if this product is appropriate for you.

Available in Canada by prescription only.

AFC-015 FEB 2026