

## Package Leaflet: Information for the User

### Diclofenac 2.32% gel

diclofenac (as diclofenac diethylamine)

**Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.**

Always use this medicine exactly as described in this leaflet or as your doctor or pharmacist have told you.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.
- You must talk to a doctor if you do not feel better or if you feel worse after 3 – 5 days

#### What is in this leaflet:

1. What Diclofenac 2.32% gel is and what it is used for
2. What you need to know before you use Diclofenac 2.32% gel
3. How to use Diclofenac 2.32% gel
4. Possible side effects
5. How to store Diclofenac 2.32% gel
6. Contents of the pack and other information

#### 1. What Diclofenac is and what it is used for

Diclofenac 2.32% gel contains the active substance diclofenac which belongs to a group of medicines called non-steroidal anti-inflammatory drugs (NSAIDs).

#### For adults and adolescents aged 14 years and over

For the short-term local, symptomatic treatment of mild to moderate pain in acute strains, sprains or contusions following blunt trauma.

#### 2. What you need to know before you use Diclofenac 2.32% gel

##### **DO NOT use Diclofenac 2.32% gel:**

- if you are allergic to diclofenac or any of the other ingredients of this medicine listed in section 6.
- if you have ever developed breathing problems (asthma, bronchospasm), hives, runny nose, or swelling of the face or tongue after taking/using acetylsalicylic acid or another non-steroidal anti-inflammatory drugs (e.g. ibuprofen);
- on open injuries, inflammations or infections of the skin as well as on eczema or mucous membranes;
- if you are in the last 3 months of pregnancy “see Pregnancy”;
- in children and adolescents under 14 years of age;

#### Warnings and precautions

Talk to your doctor or pharmacist before using Diclofenac 2.32% gel:

You are more likely to asthma attacks (so-called analgesic intolerance / analgesic asthma), local skin or mucous membrane swelling (so-called quincke oedema) or hives than other patients.

If you suffer from asthma, hay fever, swelling of the nasal membrane (so-called nasal polyps) or chronic obstructive pulmonary disease, chronic respiratory tract infections (particularly associated with hay fever-like symptoms) or hypersensitivity to other painkillers and anti-rheumatic medicines of any kind.

In these patients, Diclofenac 2.32% gel may only be used under certain precautions (emergency preparedness) and direct medical supervision. The same applies for patients who are also allergic to other substances e.g. with skin reactions, itching or hives.

When Diclofenac 2.32% gel is applied to a large area of skin and over a prolonged period, the possibility of systemic side-effects from the application of Diclofenac cannot be excluded. The gel should therefore be used with caution by patients with reduced kidney function, reduced heart function or reduced liver function as well as patients with active peptic ulcers in the stomach or duodenum.

Apply Diclofenac 2.32% gel only to intact, not diseased or injured skin. Avoid contact with eyes and mucous membranes. The gel must not be taken orally.

After applying the gel on the skin you can use a permeable (non-occlusive) bandage but allow the gel to dry on the skin for a few minutes. Do not use an airtight occlusive dressing.

If the symptoms worsen or do not improve after 3 - 5 days, consult a doctor.

The use of Diclofenac 2.32% gel should be discontinued if you develop a skin rash.

If you are exposed to direct sunlight or artificial sun there is a risk of skin reactions. You should avoid sunlight or artificial sun during treatment and for two weeks after stopping treatment.

Precautions should be taken to prevent children from touching the area to which the gel is applied.

Do not smoke or go near naked flames – risk of severe burns. Fabric (clothing, bedding, dressings etc) that has been in contact with this product burns more easily and is a serious fire hazard. Washing clothing and bedding may reduce product buildup but not totally remove it.

#### Children and adolescents

Do not use this medicine in children and adolescents under 14 years of age.

#### Other medicines and Diclofenac 2.32% gel

Tell your doctor or pharmacist if you are taking, have recently taken or might take/use any other medicines. In intended, cutaneous use of Diclofenac 2.32% gel no interactions have become known so far.

#### Pregnancy, breast-feeding and fertility

If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before using this medicine.

##### Pregnancy

**Do not use** Diclofenac 2.32% gel if you are in the last 3 months of pregnancy. You should not use Diclofenac 2.32% gel during the first 6 months of pregnancy unless clearly necessary and advised by your doctor. If you need treatment during this period, the lowest dose for the shortest time possible should be used.

Oral forms (e.g. tablets) with the active ingredient diclofenac can cause adverse effects in your unborn baby. It is not known if the same risk applies to Diclofenac 2.32% gel when it is used on the skin.

##### Breast-feeding

Diclofenac 2.32% gel should only be used under medical advice during breast-feeding as diclofenac passes into breast milk in small amounts. Do not apply Diclofenac 2.32% gel on the breasts if you are a nursing mother nor elsewhere on large areas of skin or for a prolonged period of time.

#### Driving and using machines

Diclofenac 2.32% gel has no or negligible influence on the ability to drive or to use machines.

#### Diclofenac 2.32% gel contains Propylene glycol (E1520)

This medicine contains 54 mg propylene glycol in 1 g of gel.

#### Diclofenac 2.32% gel contains Butylhydroxytoluene (E321)

Butylhydroxytoluene may cause local skin reactions (e.g. contact dermatitis), or irritation to the eyes and mucous membranes.

#### Diclofenac 2.32% gel contains fragrances

This medicine contains fragrance with benzyl alcohol (0.15 mg/g, E1519), citral, citronellol, coumarin, eugenol, farnesol, geraniol, d-limonene and linalool which may cause allergic reactions.

In addition, benzyl alcohol may cause mild local irritation.

#### 3. How to use Diclofenac 2.32% gel

Always use this medicine exactly as described in this leaflet or as your doctor or pharmacist have told you. Check with your doctor or pharmacist if you are not sure.

#### Adults and adolescents 14 years and over

Diclofenac 2.32% gel is used 2 times a day (preferably morning and evening).

Depending on the size of the affected site to be treated, apply a cherry to walnut sized quantity, corresponding to 1 - 4 g of gel is required.

The maximum daily dose is 8 g of gel.

#### **Elderly patients**

No special dose adjustment is necessary. If you are elderly, you should pay special attention to side effects and, if necessary, consult a doctor or pharmacist.

#### **Impaired kidney or liver function**

No dose reduction is necessary.

#### **Use in children and adolescents (under 14 years)**

Do not use this medicine in children and adolescents under 14 years of age (see section 2 "Do not use Diclofenac 2.32% gel")

#### **Before using for the first time, open as follows:**

1. Unscrew the cap from the tube. To open the safety seal of the tube, reverse the cap and engage with the nozzle. Do not use scissors or other sharp objects!
2. Twist and remove the plastic seal from the tube. Use the gel as described in this leaflet. Do not use if the seal is broken.

#### **How to apply:**

Diclofenac 2.32% gel is for cutaneous use only.

The gel is applied to the affected parts of the body thinly and gently rubbed into the skin. Afterwards, the hands should be wiped with a paper towel and then washed, unless the hands are the area to be treated.

If too much gel is accidentally applied, the excess gel should be wiped with a paper towel.

The paper towel should be disposed in the household waste to prevent unused product reaching the aquatic environment.

Before applying a bandage, the gel should be left to dry for a few minutes on the skin.

#### **Duration of treatment:**

The duration of use depends on the symptoms and the underlying disease. Diclofenac 2.32% gel should not be used longer than 1 week without medical advice.

If symptoms worsen or do not improve after 3 – 5 days a doctor should be consulted.

#### **If you use more Diclofenac 2.32% gel than you should**

An overdose is unlikely to happen if you use more Diclofenac 2.32% gel than you should, because the absorption into the blood stream is low when used on the skin. If the recommended dose is significantly exceeded when used on the skin, the gel should be removed and washed off with water.

If you accidentally swallow Diclofenac 2.32% gel, contact your doctor who decides on the appropriate measures.

#### **If you forget to use Diclofenac 2.32% gel**

Do not use a double dose to make up for a forgotten application.

If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

### **4. Possible side effects**

Like all medicines, this medicine can cause side effects, although not everybody gets them.

#### **Some rare and very rare side effects may be serious.**

If you experience any of the following signs of allergy, **stop** using Diclofenac and tell a doctor or pharmacist immediately:

- Skin rash with blisters; hives (may affect up to 1 in 1,000 people),
- Wheezing, shortness of breath or feeling of tightness in the chest (asthma) (may affect up to 1 in 10,000 people).
- Swelling of the face, lips, tongue or throat. (may affect up to 1 in 10,000 people).

Other side effects are possible:

**Common side effects** (may affect up to 1 in 10 people):

Skin rash, itching, reddening, eczema, dermatitis (inflammation of the skin) including contact dermatitis.

**Uncommon side effects** (may affect up to 1 in 100 people):

Scaling, dehydration of the skin, swelling (oedema)

**Very rare side effects** (may affect up to 1 in 10,000 people)

Pustular rash, gastrointestinal complaints, hypersensitivity reactions (including hives), sensitivity to light with appearance of skin reactions after exposition to sunlight.

**Not known side effects** (frequency cannot be estimated from the available data).

Burning sensation at the application site, dry skin

When Diclofenac 2.32% gel is applied to a large area of skin and over a prolonged period, the possibility of systemic side-effects (e.g. renal, hepatic or gastrointestinal side effects, systemic hypersensitivity reactions) - as they occur possibly after systemic administration of diclofenac-containing medicines cannot be completely excluded.

#### **Reporting of side effects**

If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at: [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard) or search for MHRA Yellow Card in the Google Play or Apple App Store. By reporting side effects, you can help provide more information on the safety of this medicine.

### **5. How to store Diclofenac 2.32% gel**

Keep this medicine out of the sight and reach of children.

Do not use this medicine after the expiry date which is stated on the blister pack and the carton. The expiry date refers to the last day of that month.

This medicinal product does not require any special temperature storage conditions.

Store in the original tube in order to protect from light.

Do not throw away any medicines via wastewater or household waste.

Ask your pharmacist how to throw away medicines you no longer use.

Please, do not apply the ointment shortly before taking a shower or bath. These measures will help protect the environment.

### **6. Contents of the pack and other information**

#### **What Diclofenac 2.32% gel contains:**

- The active substance is diclofenac (as diclofenac diethylamine).
- 1 g contains 23.2 mg diclofenac diethylamine corresponding to 20 mg diclofenac sodium.
- The other ingredients are: Isopropyl alcohol, Propylene glycol (E1520), Cocoyl Caprylocaprate, Liquid Paraffin, Carbomer, Macrogol cetostearyl ether Diethylamine, Oleic acid (E570), Butylhydroxytoluene (E321), Fragrance (contains citronellol, geraniol, benzyl alcohol (E1519), linalool, limonene, citral, farnesol, coumarin, eugenol), Purified water.

#### **What Diclofenac 2.32% gel looks like and contents of the pack:**

White to almost white, homogeneous gel, packed in aluminium laminated tubes, closed with PE seal and PP screw caps.

The product comes in packs of 30g, 50g, 60g or 100g.

Not all pack sizes may be marketed.

#### **Marketing Authorisation Holder**

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#### **Manufacturer**

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