



# Voltaren

## Pain Relief Gel 12 Hourly

Diclofenac diethylamine 23.2 mg/g

### 1. WHAT IS VOLTAREN PAIN RELIEF GEL 12 Hourly?

The active ingredient in Voltaren Pain Relief Gel 12 Hourly is diclofenac, which belongs to a group of medicines called non-steroidal anti-inflammatory drugs (NSAIDs). Voltaren Pain Relief Gel 12 Hourly contains the following inactive ingredients: butylated hydroxytoluene, diethylamine, carbomer 980, cetomacrogol 1000, coco-caprylate/caprate, isopropyl alcohol, liquid paraffin, oleyl alcohol, eucalyptus sting 191134, propylene glycol, water.

### 2. WHAT IS IT USED FOR?

Voltaren Pain Relief Gel 12 Hourly can be used for the temporary relief of local pain and inflammation (swelling and redness) that may occur in:

- mild forms of osteoarthritis of the knees and fingers
- acute soft tissue injuries where swelling is a problem such as sprains, strains and sports injuries
- localised forms of soft-tissue rheumatism such as tendinitis (e.g. tennis elbow), bursitis.

This medicine is not suitable for treating bruises.

### 3. BEFORE USING

- **Tell your doctor or pharmacist if you have any of these medical conditions or have had them in the past:**
  - asthma
  - ulcers in stomach or bowel
  - bleeding from stomach or bowel
  - any other serious stomach or bowel problem
  - severe kidney disease.

Unless a doctor has told you to, do not use this product if you have asthma.

- **Tell your doctor or pharmacist if you are taking any of the following medicines:**
  - warfarin (a medicine used to prevent blood clots)
  - aspirin, salicylates
  - any other NSAID medicines
  - any other medicines.

Unless a doctor or pharmacist has told you to, do not use this product with other medicines containing diclofenac, aspirin, other anti-inflammatory medicines or with other medicines you are taking regularly.

- **Tell your doctor or pharmacist if you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby.**

**This product contains propylene glycol, which may**

**cause a mild localised skin reaction in certain people.**

**This product contains butylated hydroxytoluene which may cause a local skin reaction (e.g. contact dermatitis) or irritation to the eyes and mucous membranes.**

**Do not use Voltaren Pain Relief Gel 12 Hourly:**

- On children under 12 years.
- If you are in the last 3 months of pregnancy as it could harm your unborn child or cause problems at delivery.
- If you have an allergy to:
  - diclofenac (the active ingredient in Voltaren Pain Relief Gel 12 Hourly) or any of the other ingredients listed at the start of this leaflet
  - aspirin
  - any other anti-inflammatory medicine
  - any other medicines for pain relief.

If you are not sure if you are taking any of these medicines, ask your pharmacist.

### 4. HOW TO USE

Use Voltaren Pain Relief Gel 12 Hourly exactly as recommended. For external use only. Use only on healthy skin.

**Adults and children 12 years of age and over:**

Do not use if tamper evidence seals are broken.

#### 1. Just flip the cap lid.



Use a finger, thumb, side of your hand or even edge of a table against the underside of the cap lid to open the flip-top cap easily. Tamper evident tabs located on each side of the flip-top cap will break when the cap is opened for the first time.

Before first use check if the tamper evident tabs are not broken.

#### 2. Squeeze the gel out and rub it in.



Gently squeeze out a small amount of gel from the tube and apply to the painful or swollen area, slowly rubbing into the skin.

The amount needed will vary depending upon the size of the painful or swollen area; an amount ranging in size from a cherry





to a walnut will usually be sufficient. You may notice a slight cooling effect when you rub the gel in. Unless the hands are the site being treated, wash your hands after rubbing in the gel, to avoid accidental contact with the mouth and eyes.



### 3. Press the cap lid to close it.

After use, if needed, remove remaining amount of the gel from the flip-top cap with cotton towel or absorbent paper until visually clean and dry. To close the flip-top cap, press the cap lid with your fingers, side of your hand, or even against edge of a table or counter-top, until you hear a “click” sound. Hold the tube upright when opening or closing the flip-top cap to avoid possible leaking of the gel.



After applying, wipe your hands with absorbent paper and then wash them, unless they are the area being treated. Throw the absorbent paper in the bin. Wait until Voltaren Pain Relief Gel 12 Hourly dries before showering or bathing.

Apply the gel 2 times a day (preferably morning and evening). The gel provides lasting pain relief of up to 12 hours.

Use no more than is required for shortest period of time needed.

You may apply the gel under a brace or non-occlusive bandages that are not airtight.

### How long to use

Use for up to 2 weeks if needed for acute soft tissue injuries and localised soft tissue rheumatism and up to 3 weeks, if needed, for mild osteoarthritis of the knees and fingers. If your condition has not improved or gets worse after 7 days, see your pharmacist or doctor.

### What you should not do

- Do not use on large areas of skin or for long periods of time.
- Do not use on wounds with broken skin or on skin that has a rash, infection, or eczema. Discontinue use if a skin rash develops after applying Voltaren Pain Relief Gel 12 Hourly.
- Do not use inside the mouth or on other mucous membranes, including the vagina.
- Do not swallow.
- Do not use in or near the eyes. In case of accidental contact with the eyes, rinse eyes thoroughly with running water and see your doctor or pharmacist if any discomfort persists.
- Do not use under airtight or plastic bandages (however a brace or wrap commonly used for injuries like sprains can be used).
- Do not use more than directed or for a longer period of time than directed, unless advised by your doctor.
- Do not throw away any medicines via wastewater (e.g. toilet or sink). Ask your pharmacist how to throw

away medicines you no longer use. These measures will help to protect the environment.

Be cautious when smoking or near naked flames due to risk of severe burns. Voltaren Pain Relief Gel 12 Hourly contains paraffin which is potentially flammable when it builds up on fabric (clothing, bedding, dressings etc.) and may not be totally removed by laundering.

## 5. SIDE EFFECTS

**If you develop signs of allergy, stop using and tell your doctor or pharmacist immediately.**

Symptoms of an allergic reaction to these medicines may include:

- asthma, wheezing or shortness of breath
- swelling of the face, lips, tongue or throat which may cause difficulty in swallowing or breathing, runny nose
- hives, itching or skin rash with or without blisters.

**If you are allergic to diclofenac, aspirin or any other anti-inflammatory medicines, these symptoms may be severe.**

**Occasionally the gel may irritate the skin where it is rubbed in. Very rarely, your skin may react to sunlight.**

**Tell your pharmacist if you notice itching, redness, swelling or blistering of the skin in the treated area or if your skin becomes more sensitive to sunlight.**

**Some people may get other side effects. Tell your pharmacist if you notice anything else that is making you unwell.**

**If you are over 65 years old, be careful while using this medicine and report any side effects promptly to your pharmacist or doctor. As people grow older, they are more likely to get side effects from medicines.**

If the gel is accidentally swallowed, particularly by a child, contact your doctor or the Poisons Information Centre (telephone: Australia 13 11 26; New Zealand 0800 764 766).

## 6. STORAGE

- Store below 30°C, in a cool place.
- Store out of reach of children.
- Do not use after the expiry date shown on the pack.

## 7. PRODUCT TAMPERING

Voltaren Pain Relief Gel 12 Hourly is enclosed in tamper-evident packaging to help protect you from product tampering.

If you find that the tube seal has been broken or is missing, do not use the product but return it to the place of purchase.

## 8. FURTHER INFORMATION

If you have any further questions, contact your pharmacist.

### Haleon

Sydney, NSW, Australia & Auckland, New Zealand

 **AU: 1800 028 533**  
**NZ: 0800 540 144**

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