



# Voltaren

## Pain Relief Gel

Diclofenac diethylamine 11.6 mg/g

### WHAT IS VOLTAREN PAIN RELIEF GEL?

The active ingredient in Voltaren Pain Relief Gel is diclofenac, which belongs to a group of medicines called non-steroidal anti-inflammatory drugs (NSAIDs). It also contains the following inactive ingredients: diethylamine, carbomer 934P, cetomacrogol 1000, cococaprylate/caprates, isopropyl alcohol, liquid paraffin, perfume (containing benzyl benzoate), propylene glycol, water - purified.

### WHAT IS VOLTAREN PAIN RELIEF GEL USED FOR?

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

- 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 (eg tennis elbow), bursitis.
- mild forms of osteoarthritis of the knees and fingers.

This medicine is not suitable for treating bruises.

### BEFORE USING VOLTAREN PAIN RELIEF GEL

- **Tell your 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.
- **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 anti-inflammatory 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 and benzyl benzoate, which may cause a mild localised skin reaction in certain people.

### Do not use Voltaren Pain Relief Gel:

- 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) 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 or fever.

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

### HOW TO USE VOLTAREN PAIN RELIEF GEL

Use Voltaren Pain Relief Gel exactly as recommended.

For external use only. Use only on healthy skin.

Adults and children 12 years of age and over:

- Before first use, check that the seal at the opening of the tube is not broken or missing.
- To break seal, insert the seal into the reverse side of the cap and twist to remove.
- Gently squeeze out a small amount of gel from the tube (the amount you will need will depend on the size of the painful or swollen area, usually an amount ranging in size from a cherry to a walnut will be enough).
- Rub the gel gently into the skin covering the painful or swollen area.
- 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 dries before showering or bathing.

Use 3 or 4 times each day.

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

Voltaren Pain Relief Gel can be used under a brace or 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 gets worse or has not improved after 7 days, see your pharmacist or doctor.

## What not to do

- Do not use Voltaren Pain Relief Gel on large areas of skin or for long periods of time.
- Do not use it on open wounds/injuries or on skin that has a rash, infection, or eczema. Discontinue use if a skin rash develops after applying Voltaren Pain Relief Gel.
- Do not use internally, eg inside the mouth or in 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 contains paraffin which is potentially flammable when it builds up on fabric (clothing, bedding, dressings etc.) and may not be totally removed by laundering.

## SIDE EFFECTS

If you experience an allergic reaction, stop using and see your doctor immediately.

Symptoms of an allergic reaction to these types of 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 and use Voltaren Pain Relief Gel, these symptoms may be severe.

Occasionally Voltaren Pain Relief Gel may irritate the skin where the gel 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 experience other side effects with Voltaren Pain Relief Gel. 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 have side effects from medicines.

If Voltaren Pain Relief 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

## STORAGE

- Store below 25°C, in a cool place.
- Store out of the reach and sight of children.
- Do not use after the expiry date shown on the pack.

## PRODUCT TAMPERING

Voltaren Pain Relief Gel is enclosed in tamper-evident packaging to help protect you from product tampering. If you find that the tube seal is broken or missing, do not use the product but return it to your place of purchase.

## FURTHER INFORMATION

If you have any further questions about Voltaren Pain Relief Gel, contact your pharmacist.

### Haleon

Sydney, NSW, Australia & Auckland, New Zealand

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

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