



Voltaren

Pain Relief Gel

No Mess Applicator

Diclofenac diethylamine 11.6 mg/g

WHAT IS VOLTAREN PAIN RELIEF GEL WITH NO MESS APPLICATOR?

The active ingredient in Voltaren Pain Relief Gel with No Mess Applicator 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, coco-octanoate/decanoate, isopropyl alcohol, liquid paraffin, perfume (containing benzyl benzoate), propylene glycol, water - purified.

WHAT IS VOLTAREN PAIN RELIEF GEL WITH NO MESS APPLICATOR USED FOR?

Voltaren Pain Relief Gel with No Mess Applicator 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 (e.g. 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 WITH NO MESS APPLICATOR

- **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 with No Mess Applicator:

- on children under 12 years
- 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 with No Mess Applicator) 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 WITH NO MESS APPLICATOR

Use Voltaren Pain Relief Gel with No Mess Applicator exactly as recommended. For use by single patient only.

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.

- 1 To remove the seal before first use, remove the transparent protective cover and then unscrew the applicator. Use the star-shape groove located at the side of the applicator to remove the tamper-evident seal of the tube. Screw the applicator back on the tube before dispensing the gel (see figure 1).
- 2 To open, simply pull the white part of the applicator. Gently squeeze the tube to push the gel to the surface of the applicator. Use the applicator-capped tube as if it was your fingers to gently and slowly rub the gel into the skin at the painful or swollen area. The slight pressure of rubbing in the gel will automatically close the applicator (see figure 1).
- 3 After use, clean the applicator with cotton towel or absorbent paper until visually dry and clean (see figure 1). Do not immerse or rinse under water. Do not use any solvent or detergent to clean the surface of the applicator. After cleaning, place the transparent protective cap back on the tube before storage. Do not reuse the applicator with another tube.

Figure 1



Pull off the transparent protective cover



Unscrew the applicator cap



Using the key on the applicator cap to remove the star seal on the tube



Screw the applicator cap back on the tube



Pull white part to open



Squeeze the tube to release required amount of Pain Relief Gel



Apply to skin, closing cap on application



Clean the applicator with cotton towel or absorbent paper until visually dry and clean

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Throw the absorbent paper in the bin. Wait until Voltaren Pain Relief Gel No Mess Applicator 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 with No Mess Applicator 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 with No Mess Applicator 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 if a skin rash develops after applying Voltaren Pain Relief Gel with No Mess Applicator.
- Do not use internally, e.g. 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 with No Mess Applicator 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 with No Mess Applicator, these symptoms may be severe.

Occasionally Voltaren Pain Relief Gel with No Mess Applicator 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 with No Mess Applicator. 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 with No Mess

Applicator 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 with No Mess Applicator 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 with No Mess Applicator, contact your pharmacist.

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