



## Anti-inflammatory Pain Relief Gel

(DICLOFENAC SODIUM)

### Consumer Medicine Information

What is in this leaflet?

This leaflet answers some common questions about PHARMACY ACTION Anti-inflammatory Pain Relief Gel. It does not contain all the available information. It does not take the place of talking to your doctor or pharmacist. All medicines have risks and benefits. Your doctor or pharmacist has weighed the risks of you using PHARMACY ACTION Anti-inflammatory Pain Relief Gel against the benefits they may expect it will have for you. If you have any concerns about using this medicine ask your doctor or pharmacist. Keep this leaflet with the medicine. You may need to read it again. This information supplied relates only to PHARMACY ACTION Anti-inflammatory Pain Relief Gel and should not be used in relation to any other product, which may also contain the same active ingredients.

### What PHARMACY ACTION Anti-inflammatory Pain Relief Gel is used for

PHARMACY ACTION Anti-inflammatory Pain Relief Gel can be used for the temporary (up to two weeks) 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 sport injuries (eg. Tennis elbow).
- Localised forms of soft tissue rheumatism (eg. tendinitis, bursitis).

This medicine is not suitable for treating bruises.

Diclofenac, the active ingredient in PHARMACY ACTION Anti-inflammatory Pain Relief Gel, belongs to a family of medicines called nonsteroidal anti-inflammatory drugs (NSAIDs).

### When you must not use it

Do not use PHARMACY ACTION Anti-inflammatory Pain Relief Gel if you are allergic to:

- The active ingredient or any of the inactive ingredients mentioned at the end of this leaflet
- Aspirin
- Any other NSAID medicine

Many medicines used to treat headaches, period pain and other aches and pains contain aspirin or NSAID medicines. If you are not sure if you are taking any of these medicines, ask your pharmacist.

If you get an allergic reaction, stop taking and see your doctor immediately.

Symptoms of an allergic reaction to these medicines may include:

- Asthma, wheezing or shortness of breath
- Swelling of the face, lips or tongue, which may cause difficulty in swallowing or breathing
- Hives, itching or skin rash
- Fainting

If you are allergic to aspirin or NSAID medicines and use PHARMACY ACTION Anti-inflammatory Pain Relief Gel these symptoms may be severe.

Do not use PHARMACY ACTION Anti-inflammatory Pain Relief Gel if you are pregnant or breast-feeding.

Do not use PHARMACY ACTION Anti-inflammatory Pain Relief Gel on a child.

Do not use PHARMACY ACTION Anti-inflammatory Pain Relief Gel after the expiry date printed on the pack.

Before you start to use PHARMACY ACTION Anti-inflammatory Pain Relief Gel tell your pharmacist if you have any of these medical conditions or have had them in the past:

- Ulcers in stomach or bowel
- Bleeding from stomach or bowel
- Any other serious stomach or bowel problem
- Severe kidney disease
- Asthma
- Hypertension

You **MUST** tell your doctor and pharmacist if you are taking warfarin, a medicine used to prevent blood clots.

Also tell your pharmacist if you are taking any other medicines, especially aspirin, salicylates or other NSAID medicines. Unless a doctor or pharmacist has told you to, do not use this product with other medicines that you are taking regularly.

Your pharmacist can advise you whether you need to see your doctor before using PHARMACY ACTION Anti-inflammatory Pain Relief Gel.



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### Important information about your medicine continued

#### How to use PHARMACY ACTION Anti-inflammatory Pain Relief Gel

What to do

Use PHARMACY ACTION Anti-inflammatory Pain Relief Gel exactly as recommended below:

- Use PHARMACY ACTION Anti-inflammatory Pain Relief Gel only on healthy skin.
- 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 over the painful or swollen area. Do this 3 or 4 times each day.
- Wash your hands after rubbing it in, unless your hands are the area being treated.
- PHARMACY ACTION Anti-inflammatory Pain Relief Gel can be used for up to two weeks if you need it.
- If your condition has not improved after two weeks, see your pharmacist or doctor.

#### What not to do

- Do not use PHARMACY ACTION Anti-inflammatory Pain Relief Gel on large areas of the skin or for long periods of time.
- Do not use it on open wounds or injuries or on skin that has a rash or infection.
- Do not put it inside the mouth or in the vagina.
- Be careful not to get it in your eyes. If this happens, rinse your eyes with clean water and tell your doctor.
- Never swallow this medicine.
- Do not use PHARMACY ACTION Anti-inflammatory Pain Relief Gel for more than 2 weeks, except on medical advice.

#### Side effects

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.

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

If you develop signs of allergy (as described overleaf), STOP using PHARMACY ACTION Anti-inflammatory Pain Relief Gel and tell your doctor immediately or go to casualty at your nearest hospital.

Tell your pharmacist if you notice anything else that is making you unwell.

Some people may get other side effects of PHARMACY ACTION Anti-inflammatory Pain Relief Gel.

If you are over 65 years old, you should be especially 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 you or anyone else accidentally swallows PHARMACY ACTION Anti-inflammatory Pain Relief Gel, immediately telephone your doctor or Poison Information Centre (telephone 13 11 26), or go to casualty at your nearest hospital.

#### Storage

- Keep the tube tightly closed and store in a cool place.
- Do not store PHARMACY ACTION Anti-inflammatory Pain Relief Gel or any other medicine in the bathroom or any other place that is hot and steamy.
- Store below 25°C in a dry place, out of the reach of children.

#### Product Description

PHARMACY ACTION Anti-inflammatory Pain Relief Gel is a slightly yellow, non-greasy, gel available in 50 and 100 gram tubes. It contains 1% diclofenac sodium as the active ingredient.

It also contains the following inactive ingredients:

- d-alpha-tocopherol
- Carbomer 980 NF
- Decyl oleate
- 2-octyldodecanol
- Lecithin
- Ammonia
- Disodium edetate
- Perfume
- Isopropyl alcohol
- Water



Supplier  
PHARMACY ACTION Anti-inflammatory Pain Relief Gel is supplied in Australia by:

**Generic Health Pty Ltd**  
Level 1, 1102 Toorak Road  
Camberwell VIC 3124

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