

PATIENT MEDICATION INFORMATION

READ THIS FOR SAFE AND EFFECTIVE USE OF YOUR MEDICINE

VOLTAREN EMULGEL BACK & MUSCLE PAIN

Diclofenac diethylamine gel 11.6 mg/g (1.16% w/w) Mfr. Std. (No Mess Applicator)

Read this carefully before you start taking Voltaren Emulgel Back & Muscle Pain and each time you get a refill. This leaflet is a summary and will not tell you everything about this drug. Talk to your healthcare professional about your medical condition and treatment and ask if there is any new information about Voltaren Emulgel Back & Muscle Pain.

What is Voltaren Emulgel Back & Muscle Pain used for?

- For the relief of pain associated with recent (acute), localized muscle or joint injuries such as sprains, strains or sports injuries (e.g. sprain of ankle, strain of shoulder or back muscles). Rest may also be helpful to assist the relief of associated discomfort.

How does Voltaren Emulgel Back & Muscle Pain work?

Voltaren Emulgel Back & Muscle Pain is specially formulated for rubbing into the skin to relieve acute pain affecting the joints and muscles. The active substance, diclofenac, is one of the groups of medicines called non-steroidal anti-inflammatory drugs (NSAIDs) that work within the body by blocking the production of particular substances, called prostaglandins, which are involved in the development of pain and inflammation.

What are the ingredients in Voltaren Emulgel Back & Muscle Pain?

Medicinal ingredients: diclofenac diethylamine

Non-medicinal ingredients: carbomer, cocoyl caprylocaprate, diethylamine, fragrance (containing benzyl benzoate), isopropyl alcohol, liquid paraffin, macrogol cetostearyl ether, propylene glycol, purified water.

Propylene glycol and benzyl benzoate may cause mild localized skin irritation in some people.

Voltaren Emulgel Back & Muscle Pain comes in the following dosage forms:

Voltaren Emulgel Back & Muscle Pain 1.16% w/w gel come in tubes of 20 g, 30 g, 50 g, 100 g and 150 g.

Voltaren Emulgel Back & Muscle Pain 1.16% w/w gel (No Mess Applicator) comes in tubes of 75 g and 120 g.

The gel is white to practically white, cooling, non-greasy, non-staining, cream-like.

Do not use Voltaren Emulgel Back & Muscle Pain if:

- You are currently taking diclofenac or any other over-the-counter or prescription oral non-steroidal anti-inflammatory drug (NSAID) which are used to treat pain, fever or inflammation, such as ibuprofen, acetylsalicylic acid (ASA) or naproxen. If you are not sure, ask your doctor or pharmacist.
- In the past you have had allergic reactions to diclofenac or any other NSAIDs such as ibuprofen, ASA or naproxen.
- You have attacks of asthma, urticaria (hives), or acute rhinitis (nasal inflammation, irritation or stuffy nose that lasts less than 6 weeks), swelling of the face or tongue, runny nose after taking ASA or other NSAIDs.
- You are allergic to any of the nonmedicinal ingredients in the gel (see list of nonmedicinal ingredients).
- You are in the last 3 months of pregnancy as it could harm your unborn child or cause problems at delivery.
- You are about to have or after heart surgery.

If any of these applies to you, do not use this medicine. If you are not sure, ask your doctor or pharmacist.

To help avoid side effects and ensure proper use, talk to your healthcare professional before you take Voltaren Emulgel Back & Muscle Pain. Talk about any health conditions or problems you may have, including if you:

- Have a history of stomach ulcers or take medication for such gastrointestinal disorders.
- Are pregnant, or think you may be pregnant, or are planning to have a baby or are breast feeding.
- Are taking, or have recently taken, any other medicines, including Over the Counter drugs.

Other warnings you should know about:

Voltaren Emulgel Back & Muscle Pain is not intended for use in children under the age of 16.

Do not apply to cuts or open wounds or to skin that has a rash or eczema. Discontinue the treatment if a skin rash develops after applying the product.

Do not use more product than directed or for a longer than approved duration of use, unless under medical advice. Avoid applying on large areas of the skin.

A brace or wrap commonly used for injuries like sprains can be used but do not wrap the skin with an airtight (plastic) or occlusive dressing when using Voltaren Emulgel Back & Muscle Pain.

In very rare cases, your skin may be more sensitive to sunlight while using this product. Use caution during sun exposure or when using tanning booths/sun lamps. Possible signs are sunburn with itching, swelling and blistering.

Do not smoke or go near open flames due to risk of severe burns. This product contains paraffin which is potentially flammable when it builds up on fabric and may not be totally removed by washing.

Wash your hands after use. Be careful not to get it in your eyes. If this happens, rinse your eyes well with clean water and tell a doctor or a pharmacist.

Voltaren Emulgel Back & Muscle Pain is for EXTERNAL USE ONLY.

Do not use it in the mouth, vaginal or anal areas.

Never swallow it.

Tell your healthcare professional about all the medicines you take, including any drugs, vitamins, minerals, natural supplements or alternative medicines.

The following may interact with Voltaren Emulgel Back & Muscle Pain:

- Check with your doctor or pharmacist if you are taking any other NSAIDs (e.g. ibuprofen, acetylsalicylic acid or naproxen) or anticoagulants (blood thinners), high blood pressure medication, oral anti-diabetic agents, fluoroquinolone antibiotics (i.e., ofloxacin) or are taking medication for peptic ulcers, gastroesophageal disease or to control excess acidity. If you suspect a drug interaction, notify your doctor or pharmacist.

How to take Voltaren Emulgel Back & Muscle Pain:

- To remove the seal before first use, remove the transparent protective cover and then unscrew the applicator cap. Use the star-shape groove (the key) located at the side of the applicator cap to remove the security seal (star seal) of the tube. Screw the applicator cap back on the tube before dispensing the gel. (see figure 1)
- To open, simply pull the white part of the applicator cap. Gently squeeze the tube to push the gel to the surface of the applicator cap. Use the applicator-capped tube as you would use your fingers to gently and slowly rub the gel into the skin on the affected area. The slight pressure of rubbing in the gel will automatically close the applicator cap. You may notice a slight cooling effect when you rub the gel in. (see figure 1)
- After use, clean the applicator cap with cotton towel or tissue until visually dry and clean. Do not immerse or rinse under water. Do not use any solvent or detergent to clean the surface of the applicator cap. After cleaning, place the transparent protective cap back on the tube before storage. Do not reuse the applicator cap with another tube. Discard the tube with its applicator cap following the recommended procedure for the disposal of any medication. (see figure 1)
- After application wipe your hands with a tissue and then wash to avoid accidental contact with the mouth and eyes. The tissue should be thrown in the trash after use.
- Wait until Voltaren Emulgel Back & Muscle Pain dries before showering or bathing.

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.

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 Emulgel

Apply to skin, closing cap on application

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

Usual dose:

For adults and adolescents 16 years and older (regular strength):

- Apply gel 3 to 4 times a day on the affected area.
- The amount needed will vary depending upon the size of the painful or swollen area: 2 g to 4 g (1 g equals a strip approximately 2 cm long) gel will be sufficient to cover a 400 to 800 cm² area.
- Do not use more than 4 times in 24 hours.

Use no more than is required for the shortest period of time needed. The gel should not be used for more than 7 days for muscle and joint injuries unless recommended by a doctor. Talk to your doctor if your condition does not improve within 7 days, or if it gets worse.

Overdose:

If you dispense more gel than needed, wipe off the surplus gel with a tissue.

If you or a child swallows the gel, contact your doctor immediately.

If you think you, or a person you are caring for, have taken too much Voltaren Emulgel Back & Muscle Pain, contact a healthcare professional, hospital emergency department, or regional poison control centre immediately, even if there are no symptoms.

Missed Dose:

If you miss applying Voltaren Emulgel Back & Muscle Pain at the correct time, apply it when you remember and then next apply it at the usual time. Do not apply a double quantity.

What are possible side effects from using Voltaren Emulgel Back & Muscle Pain?

These are not all the possible side effects you may have when taking Voltaren Emulgel Back & Muscle Pain. If you experience any side effects not listed here, tell your healthcare professional.

Itching, reddening or slight irritation of the skin are common after use of Voltaren Emulgel Back & Muscle Pain. These symptoms are usually mild, passing and harmless. If you are concerned, tell a doctor or pharmacist. Discontinue the treatment if a skin rash develops after applying the product.

Serious side effects and what to do about them			
Symptom / effect	Talk to your healthcare professional		Stop taking drug and get immediate medical help
	Only if severe	In all cases	
COMMON			
Skin rash, itching, reddening or smarting of the skin		✓	✓
RARE Some rare and very rare side effects might be serious			
Skin rash with blisters; hives		✓	✓
Swelling of the face, lips, tongue or throat		✓	✓
Wheezing, shortness of breath or feeling of tightness in the chest (asthma)		✓	✓
VERY RARE			
The skin may be more sensitive to the sun. Possible signs are sunburn with itching, swelling and blistering		✓	✓

If you have a troublesome symptom or side effect that is not listed here or becomes bad enough to interfere with your daily activities, tell your healthcare professional.

Reporting Side Effects

You can report any suspected side effects associated with the use of health products to Health Canada by:

- Visiting the Web page on Adverse Reaction Reporting (<https://www.canada.ca/en/health-canada/services/drugs-health-products/medeffect-canada.html>) for information on how to report online, by mail or by fax; or
- Calling toll-free at 1-866-234-2345.

NOTE: Contact your health professional if you need information about how to manage your side effects. The Canada Vigilance Program does not provide medical advice.

Storage:

Store between 15°C and 30°C.

Voltaren Emulgel Back & Muscle Pain should not be stored or used after the expiry date stated on the label.

Keep out of reach and sight of children.

If you want more information about Voltaren Emulgel Back & Muscle Pain:

- Talk to your healthcare professional
- Find the full product monograph that is prepared for healthcare professionals and includes this Patient Medication Information by visiting the Health Canada website: <https://www.canada.ca/en/health-canada/services/drugs-health-products/drug-products/drug-product-database.html>; or by calling 1-888-788-8181.

Separate monograph available for VOLTAREN EMULGEL Extra Strength and VOLTAREN EMULGEL Joint Pain Extra Strength (Diclofenac diethylamine gel, 23.2 mg/g (2.32% w/w) Mfr. Std.).

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