

[1]Diclofenac

Diclomed®

About Diclofenac

This belongs to the group of medicines known as *non-steroidal anti-inflammatory drugs (NSAIDs)*.

Diclofenac is used to relieve pain and inflammation in rheumatic disease (including juvenile arthritis) and gout. Diclofenac can also be used to relieve pain and inflammation after an operation.

Diclofenac works by preventing the production of irritant chemicals that cause pain and inflammation in the body.

Diclofenac is available in tablet, soluble tablet, suppository and injection form.

Diclofenac is also available as modified release preparations, which means Diclofenac is released slowly over the day to give an even effect.

It is also sometimes known as: *Diclomed*. You may notice the use of this name on the packaging of your medicine.

Before taking Diclofenac

Before taking Diclofenac make sure your doctor or pharmacist knows:

- Ⓣif you are pregnant, trying for a baby or breast-feeding
- Ⓣif you suffer from liver, kidney or heart problems
- Ⓣif you suffer from *hypertension* (high blood pressure) or *SLE* (systemic lupus erythematosus)
- Ⓣif you suffer from *rhinitis*, *asthma* or breathing problems
- Ⓣif you have ever had an unusual reaction after taking aspirin or NSAIDs. Other NSAIDs include ibuprofen, naproxen and piroxicam.
- Ⓣif you suffer from porphyria
- Ⓣif you get indigestion, heartburn or have any other digestive or bowel problems
- Ⓣif you have ever suffered from peptic (stomach) ulcer
- Ⓣif you have ever had blood clotting problems
- Ⓣif you have ever had an allergic reaction to this or **any** other medicine
- Ⓣif you are taking **any** other medicines, including those available to buy without a prescription, herbal and complementary medicines

How to take Diclofenac

- ⓉTake Diclofenac tablets exactly as directed by your doctor.
- ⓉAlways read the manufacturer's information leaflet, if possible, before beginning treatment.
- ⓉSwallow Diclofenac tablets and capsules whole, not chewed or crushed, with a glass of water.
- Ⓣ**Soluble** tablets should be dissolved or mixed in water before taking.
- ⓉTake Diclofenac with or immediately after food.
- Ⓣ**Avoid** taking indigestion remedies at the same time as Diclofenac. Indigestion remedies should be taken at least two hours before or two hours after each dose of Diclofenac.
- ⓉDiclofenac is for you. Never give it to others even if their condition appears to be the same as yours.
- ⓉNever take more than the prescribed dose. If you suspect that you or someone else has taken

an overdose of Diclofenac contact your doctor or go to the accident and emergency department of your local hospital **at once**. Always take the container with you, if possible, even if empty.

HOW TO USE YOUR SUPPOSITORIES:

You only need to read this section if you have been given Diclofenac suppositories

- ⑩ If the suppository is too soft, it may be chilled in the refrigerator or under cold running water **before** unwrapping. Remove the wrapping and moisten the suppository with water. Lie on your left side (if you are right handed and reverse if left handed); draw your knees up towards your chest, with the top leg drawn up more than the bottom leg.
- ⑩ Use your forefinger (index finger) or the middle finger, whichever you find easier, gently push the suppository into the rectum (back passage), pointed end first.
- ⑩ The suppository should be inserted as far as possible, pushing the end of the suppository sideways to ensure contact with the bowel.
- ⑩ Lower your legs to a comfortable position to help you hold the suppository in place.

Getting the most from your treatment

- ⑩ Before taking any 'over-the-counter' medicines, check with your pharmacist which medicines are safe for you to take alongside Diclofenac.
- ⑩ Diclofenac may cause drowsiness and dizziness. Make sure your reactions are normal before driving, operating machinery or doing other jobs which could be dangerous if you were not fully alert.
- ⑩ If you experience indigestion after taking Diclofenac try taking the next dose with a glass of milk.
- ⑩ Diclofenac may cause your skin to become more sensitive to sunlight than it is usually. Try to avoid sunlight and sunbeds or use a sun protection cream higher than factor 15 until you know how your skin reacts.
- ⑩ Keep your regular appointments with your doctor so your progress can be checked.
- ⑩ Before having any kind of surgery, including dental or emergency treatment, tell the doctor, dentist or surgeon you are taking Diclofenac.

Can Diclofenac cause problems?

Along with their useful effects, all medicines can cause unwanted side effects, which usually improve as your body adjusts to the new medicine. Speak with your doctor if any of the following side effects continue or become troublesome.

Feeling or being sick, tummy pain, heartburn, diarrhoea, swelling feet or lower legs, headache, dizziness, nervousness or depression, drowsiness, problems sleeping, numbness in your hands or feet, tiredness, general feeling of being unwell, disturbance in vision, ringing or buzzing in the ears.

Diclofenac suppositories may cause rectal irritation.

Diclofenac injection may cause irritation at site of injection

Important: If you experience swelling of the lips, mouth and throat; wheezing or breathing problems; yellowing of the skin or whites of the eyes; a high temperature with a sore throat or if you experience black or bloody stools or blood in the urine stop taking this medicine immediately and consult your doctor or accident and emergency department of your local hospital as soon as

possible.

If you experience any other worrying side effects which you think may be due to this medicine, discuss them with your doctor or pharmacist.

How to store Diclofenac

- ⑩ Keep all medicines out of the reach of children.
- ⑩ Store in a cool dry place below 25°C, away from direct heat and light.
- ⑩ Never keep out of date or unwanted medicines. Discard them safely out of the reach of children or take them to your local pharmacist who will dispose of them for you.

Important information about all medicines

- ⑩ Keep all medicines out of the sight and reach of children.
- ⑩ Make sure that the person prescribing this medicine knows about any other medicines that you are taking. This includes medicines you buy and herbal and homeopathic medicines.
- ⑩ If you buy any medicines check with a pharmacist that they are safe to take with your other medicines.
- ⑩ Before taking this medicine tell your doctor if you have ever had an allergic reaction after taking any medicine.
- ⑩ Never take more than the prescribed dose. If you suspect that you or someone else has taken an overdose of this medicine go to the accident and emergency department of your local hospital at once. Always take the container with you, if possible, even if it is empty.
- ⑩ If you are having any treatment like an operation or dental treatment tell the person carrying out the treatment which medicines you are taking.
- ⑩ Always read the printed information leaflet that comes with your medicine.
- ⑩ This medicine is for you. Never give it to other people even if their condition appears to be the same as yours.
- ⑩ Never keep out of date or unwanted medicines. Take them to your local pharmacy which will dispose of them for you.
- ⑩ If you have any questions about this medicine ask your pharmacist.

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