

# Using topical pain medicines in the right way.

Like many products we use and consume in our daily lives, medicines can end up in the environment by being excreted from our bodies or washed off into water systems. Using medicines in the right way means we can protect our own health, whilst limiting their impact on our planet.

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## 01



### Squeeze

For Voltaren Emulgel Extra Strength, Extra Strength Joint Pain and Back & Muscle Pain with No Mess applicator, please follow the dosing instructions on the leaflet

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## 02



### Treat

Treat with Voltaren Emulgel to relieve your acute muscle, joint or back pain

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## 03



### Clean

- Wipe excess product off hands with absorbent paper (such as a tissue or paper towel)
- Throw the absorbent paper in the garbage
- Wash hands with water and soap

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## 04



### Repeat

Please follow the leaflet for full directions of use. Voltaren Emulgel should not be used for more than 7 days for muscle and joint injuries unless recommended by a doctor

We recommend that people using topical pain medicines (such as Voltaren Emulgel) should wipe their hands with absorbent paper after application and put this in the garbage, before washing their hands.

Let's  
treat it  
**right.**

**HALÉON**

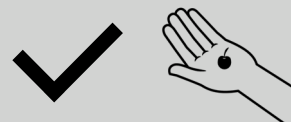
## Haleon studies have shown that:

✓ **70%**

Wiping hands before washing can reduce the amount of medicine entering the rinse water by up to 70%.<sup>1</sup>



Applying topical pain medication such as Voltaren Emulgel 2.32% twice a day (preferably morning and evening) creates a reservoir of active ingredient in the skin to ensure people get the pain relief they need.



A small amount of Voltaren Emulgel (2-4g), equivalent in size to a cherry or walnut (depending on treatment area) is the optimal amount to use to have a clinical effect.

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## Wipe or wash studies

Haleon's Wipe or Wash studies, which were presented at the International Conference on Environmental Pollution, Medicinal Prescriptions and Pharmaceutical Waste in September 2021, showed for the first time that wiping hands before washing them reduces the amount of pain medicine in the rinse water.<sup>1</sup>

The results provide evidence that promoting wiping of hands before washing by people using topical pain medicines, could go a considerable way to reducing the amount of pharmaceutical ingredients found in wastewater.



Our goal at Haleon is to ensure that the millions of people across the globe who rely on our brands continue to have access to the products they need for good health, whilst reducing any potential interactions of our healthcare products with the environment.

Voltaren Emulgel is indicated for the relief of pain associated with acute, localized muscle or joint injury.

Please consult the product monograph for [Voltaren Emulgel Back & Muscle](#) or [Voltaren Emulgel Extra Strength](#) for information to assist in benefit-risk assessment. Always direct the patient to read the label.

1. Bielfeldt S, et al. Reduction of residual topical diclofenac in waste water by a wiping procedure before hand washing. *Chemosphere*. 2022 Apr;292:133350. [Accessed 28 February 2024]

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