

# DEEP HEAT

## Heat Rub

Read all of this leaflet carefully because it contains important information for you.

This medicine is available without prescription. Nevertheless you still need to use Deep Heat Heat Rub carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- You must see a doctor if your symptoms do not improve.
- If any of the side effects become serious or if you notice any side effect not listed in this leaflet, please tell your doctor or pharmacist.

In this leaflet:

1. What Deep Heat Heat Rub is and what it is used for
2. Before you use Deep Heat Heat Rub
3. How to use Deep Heat Heat Rub
4. Possible side effects
5. How to store Deep Heat Heat Rub
6. Further information

### 1. What Deep Heat Heat Rub is and what it is used for

Deep Heat Heat Rub is a non-greasy, pain relieving cream to be applied to the skin. It is used for the relief of muscular pains and stiffness including:

- Backache and lumbago
- Sciatica (pain in the lower back and thigh)
- Fibrositis (muscle tenderness or stiffness)
- Rheumatic pain (in muscles, tendons, joints or bones)
- Chilblains
- Bruises
- Sprains
- Minor sports injuries

### 2. Before you use Deep Heat Heat Rub

#### Do not use Deep Heat Heat Rub if you have an allergy

- to any of the **ingredients** (see end of Section 2 and Section 6)
- to painkillers such as **aspirin, ibuprofen** and other **non-steroidal anti-inflammatory drugs (NSAIDs)**.

#### Do not use Deep Heat Heat Rub on:

- children under 5 years of age
- your eyes or other sensitive areas. If this occurs accidentally wash away with plenty of clean water
- broken or inflamed skin.

Deep Heat Heat Rub is only for use on the skin.

Do not take by mouth.

#### Take special care with Deep Heat Heat Rub

See your doctor before using Deep Heat Heat Rub if you:

- are pregnant or breastfeeding
- have asthma.

#### Taking other medicines

Please tell your doctor or pharmacist if you are taking or have recently taken any other medicines. This includes any medicines you have bought without a prescription.

See your doctor before using Deep Heat Heat Rub if you are taking

- medicines that thin the blood or prevent clots (including aspirin).

#### Pregnancy and breastfeeding

See your doctor before using Deep Heat Heat Rub if you are pregnant or breastfeeding.

Ask your doctor or pharmacist for advice before taking any medicine.

## Important information about some of the ingredients of Deep Heat Heat Rub

Deep Heat Heat Rub contains:

- **propylene glycol** which may cause skin irritation
- **wool fat (lanolin) and cetostearyl alcohol** which may cause local skin reactions (e.g. contact dermatitis).

If irritation occurs, stop using the cream and speak to your doctor or pharmacist.

## 3. How to use Deep Heat Heat Rub

Deep Heat Heat Rub is for adults and children over 5 years old. It can be used before or after exercise.

- always try on a small area first
- gently massage a thin layer of Deep Heat Heat Rub to the affected area until the cream is rubbed in
- apply Deep Heat Heat Rub 2-3 times daily
- always wash your hands immediately after use so that you do not transfer it to sensitive areas such as your lips or eyes. If this occurs, wash away with plenty of clean water.
- if your symptoms do not improve see your doctor
- stop using Deep Heat Heat Rub if you get excessive skin irritation or other unwanted effects

Do not cover the skin with bandages, plasters or any other dressing. However, it is safe to cover the skin with your clothes.

### If you use more Deep Heat Heat Rub than you should

If you accidentally squeeze out too much cream use a tissue to wipe off any excess.

If you or a child accidentally swallow the cream contact your doctor or hospital immediately.

### If you forget to use Deep Heat Heat Rub

If you forget to use the cream apply Deep Heat Heat Rub again when you remember. Do not use the cream more than 3 times in one day.

## 4. Possible side effects

Like all medicines Deep Heat Heat Rub can cause side effects, although not everybody gets them.

The following effects may occur, particularly if you have sensitive skin or if you use Deep Heat Heat Rub in hot weather or after a hot bath:

- temporary skin redness
- burning sensation
- rashes
- skin burns or blisters

Stop using Deep Heat Heat Rub and tell your doctor if you experience excessive skin irritation or other unwanted effects.

## Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at: [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard). By reporting side effects you can help provide more information on the safety of medicines.

## 5. How to store Deep Heat Heat Rub

### Keep out of the sight and reach of children.

Store below 25°C.

Do not use after the expiry date which is printed on the tube and carton. The 'expiry' date refers to the last day of that month.

Take any Deep Heat Heat Rub that is out of date to a pharmacist for disposal.

## 6. Further information

### What Deep Heat Heat Rub contains

The active substances are:

- |                     |            |
|---------------------|------------|
| • Menthol           | 5.91% w/w  |
| • Eucalyptus oil    | 1.97% w/w  |
| • Methyl salicylate | 12.80% w/w |
| • Turpentine oil    | 1.47% w/w  |

The other ingredients are: sodium cetostearyl sulfate, cetostearyl alcohol, propylene glycol, wool fat (lanolin), liquid paraffin and water (see the end of section 2).

### What Deep Heat Heat Rub looks like and contents of the pack

Deep Heat Heat Rub is a white cream. Each tube contains 35, 42, 67 or 100g.

Not all pack sizes may be marketed.

Marketing authorisation holder and manufacturer:



The Mentholatum Company Limited, East Kilbride, G74 5PE, Scotland, UK.

Tel: 01355 848484

For any information about this product please contact the manufacturer at the above address.