

PATIENT INFORMATION ON DICLOFENAC

Dear Patient!

Diclofenac is an active pharmaceutical ingredient with anti-inflammatory, analgesic and antipyretic properties, which is available as gel, injections, tablets or drops. In dermatology, diclofenac is used in gel form in the treatment of superficial skin cancer precursors, the so-called **actinic keratoses**.

These are caused by long-term exposure to sunlight, particularly on the scalp and face, but also on other areas of the skin such as the underarms.

other skin areas such as the underarms and décolleté.






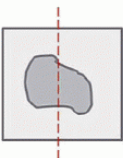



The benefit: Diclofenac gel is effective for mild to moderate actinic keratoses. Side effects can occur in the form of allergic reactions and intolerance. In most cases, however, it is well tolerated and is therefore often prescribed in combination with sunscreen creams for prophylaxis over a longer period (up to 6 months).

The disadvantage: Diclofenac cannot be filtered out of wastewater and accumulates in water and the organisms living in it. It damages the kidneys in birds and the liver, kidneys and gills in fish. In addition Diclofenac gel is [poorly absorbed through the skin](#), and 94-99% of the drug is directly absorbed into the wastewater after the first wash directly into the waste water.

By observing simple measures, you can help to protect our drinking water quality during the application of Diclofenac gel and thus protect our health and contribute to climate protection:

GRAFIK

Empfohlenes Abwischen der Hände nach Anwendung von Diclofenac (mod. nach [8])

| 1. Handfläche | 2. Handrücken | 3. Daumen | 4. Zwischen den Fingern |
|---|---|---|---|
|  |  |  |  |
|  | | | |
| <p>Nach dem Abwischen wird das Papierhandtuch in der Mitte gefaltet. So verbleibt das Arzneimittel nach dem Abwischen auf der Innenseite des Papierhandtuchs.</p> | | | |
|  |  |  |  |

1. Palm
2. Back of the hand
3. Thumb
4. Between fingers

After wiping, the paper towel is folded in half. Thus, the drug remains on the inside of the paper towel after wiping.

Source: <https://www.aerzteblatt.de/archiv/223745/Umweltbewusster-Umgang-mit-Arzneimitteln-Wie-Aerzte-sich-beteiligen-koennen#literatur>

After use, you can simply dispose of the paper towel with the residual waste, since Diclofenac, like most medicines is destroyed in the incinerator without leaving any residue.

You can find more information on the correct disposal of pharmaceuticals on the website of the Working Group on Plastics and sustainability in dermatology at <https://www.akdermaplastik.de/patient-information>.