

PACKAGE LEAFLET: INFORMATION FOR THE USER

## MOVELAT RELIEF CREAM

(mucopolysaccharide polysulphate (MPS) and salicylic acid)

**Read all of this leaflet carefully before you start taking this medicine.**

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- This medicine has been prescribed for you. Do not pass it on to others. It may harm them, even if their symptoms are the same as yours.
- If any of the side-effects get serious, or if you notice any side-effects not listed in this leaflet, please tell your doctor or pharmacist.

**In this leaflet:**

1. What Movelat Relief Cream is and what it is used for
2. Before you use Movelat Relief Cream
3. How to use Movelat Relief Cream
4. Possible side-effects
5. How to store Movelat Relief Cream
6. Further information

### 1. WHAT MOVELAT RELIEF CREAM IS AND WHAT IT IS USED FOR

Movelat Relief Cream is a mild to moderate anti-inflammatory and analgesic (pain-relieving) preparation which, when applied to the skin, provides relief from muscular pain and stiffness, sprains and strains, and pain due to rheumatic and non-serious arthritic conditions.

### 2. BEFORE YOU USE MOVELAT RELIEF CREAM

Movelat Relief Cream is for external use only. Do **NOT** swallow.

**Do not use Movelat Relief Cream:**

- if you are allergic (hypersensitive) to mucopolysaccharide polysulphate, salicylic acid (or any other aspirin-like drug) or other related painkillers known as non-steroidal anti-inflammatory drugs (NSAIDS)
- if you are allergic to any of the other ingredients of Movelat Relief Cream (see section 6 – Further information for details)
- if you suffer from asthma
- if you are pregnant or breast-feeding
- if you have broken skin, or on large areas of skin
- on or near sensitive areas such as the mouth, eyes or ano-genital regions.

**Movelat Relief Cream should NOT be used on children under the age of 12 years old.**

**Using other medicines**

Please tell your doctor if you are using:

- coumarin anti-coagulants (medicines for thinning the blood), as these may affect the way that Movelat Relief Cream works.

Please tell your doctor or pharmacist if you are taking or have recently taken any other medicines, including medicines obtained without a prescription.

**Pregnancy and breast-feeding**

Ask your doctor or pharmacist for advice before taking any medicine. Movelat Relief Cream should not be used during the first three or last three months of pregnancy.

### 3. HOW TO USE MOVELAT RELIEF CREAM

Always use Movelat Relief Cream exactly as your doctor has told you to. You should check with your doctor or pharmacist if you are not sure. If your doctor has prescribed this cream for you, the pharmacist will have printed your doctor's instructions onto a label on the tube or carton. Read the label carefully to remind yourself of how your doctor wants you to use Movelat Relief Cream.

*Please read the back of this leaflet.*

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- Before use, pierce the tube seal with the spiked top of the cap.
- Push and turn the spiked end of the cap firmly into the nozzle until you hear a click.
- The amount of cream you use will depend on the size of the area being treated.
- Between 2 and 6 inches (5-15cm) of cream should be gently massaged into the affected area at any one time.
- You can apply Movelat Relief Cream up to four times a day.
- Do not exceed this dose.
- Some people experience discomfort, particularly those with sensitive skin or if used in hot weather or after a bath.
- Remember to wash your hands after applying Movelat Relief Cream, unless this is the area being treated.
- If you accidentally swallow some of this cream, it is unlikely to be serious. However, you should contact your doctor or a hospital casualty department.

#### 4. POSSIBLE SIDE-EFFECTS

Like all medicines, Movelat Relief Cream can cause side-effects, although not everybody gets them.

Rarely, Movelat Relief Cream can cause the following in sensitive individuals:

- redness
- burning sensation
- a rash.

If any of these occur, STOP using the cream and tell your doctor or pharmacist.

**If any of the side-effects get serious or if you notice any side-effects not listed in this leaflet, please tell your doctor or pharmacist.**

#### 5. HOW TO STORE MOVELAT RELIEF CREAM

**Keep out of reach and sight of children**

Do not use Movelat Relief Cream after the expiry date which is stated on the tube and carton after EXP. The expiry date refers to the last day of that month. Store below 25°C.

Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help protect the environment

#### 6. FURTHER INFORMATION

The active substances in Movelat Relief Cream are 0.2% w/w mucopolysaccharide polysulphate together with 2.0% w/w of salicylic acid.

The other ingredients are glycerol 85%, stearic acid, anhydrous eucerine, myristyl alcohol, emulsifying cetostearyl alcohol, ethanolamine, thymol, isopropyl alcohol and purified water

##### **What Movelat Relief Cream looks like and the contents of the pack**

Movelat Relief Cream is a white cream available in aluminium lacquered tubes of 40 and 80 grams.

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**PL 06831/0176      Movelat Relief Cream**

**Marketing Authorisation Holder and Manufacturer:**

**Marketing Authorisation Holder:**

Genus Pharmaceuticals, Park View House, 65 London Road, Newbury, Berkshire RG14 1JN, UK.

**Manufacturers:**

Mobilat Produktions GmbH, Luitpoldstrasse 1, 85276 Pfaffenhofen, Germany.

STADA Arzneimittel AG, Stadastrasse 2-18, 61118 Bad Vilbel, Germany.

**This leaflet was last approved in November 2009.**

\*Trademark