

# Dolgit<sup>®</sup> Cream

Active Ingredient: Ibuprofen

## Composition

100 g Dolgit Cream contain: *Active ingredient:* ibuprofen 5 g in an oil/water emulsion.

*Excipients:* Medium-chain triglycerides, Glycerol monostearate, Poly(oxyethylene)-30- stearate, Poly(oxyethylene)-100- stearate, 1,2-dihydroxypropane, 4-hydroxy benzoic acid methyl ester sodium, xanthan gum, lavender oil, neroli oil, water.

**Pharmacotherapeutic group:** Pain-relieving and anti-inflammatory cream for topical application.

## Indications

Topical or supporting treatment in cases of muscular rheumatism, painful degenerative articular affections (arthrosis), inflammatory rheumatic affections of the joints and of the vertebral column, swelling or inflammation of the soft tissues adjacent to the joints (e.g. bursae, tendines, tendon sheaths, ligaments and articular capsules), shoulder stiffness, myalgia, lumbago, sports and accident-related injuries such as contusions, sprains, strains.

## Contraindications

Hypersensitivity to ibuprofen or other drugs having the same mode of action, hypersensitivity to propylene glycol and/or the preservative 4-hydroxy benzoic acid methyl ester sodium.

Allergic tendency.

Dolgit Cream must not be applied to open wounds or mucosae. During the last three months of pregnancy Dolgit Cream must not be applied for a prolonged period and/or to large skin areas, as systemic effects cannot be excluded. These may lead to tocolysis and to an increase of hemorrhagic diathesis.

Though so far no teratogenic effects (malformations) have been observed, Dolgit Cream should not be applied to large skin areas for a prolonged period during the first six months of pregnancy and during lactation. Dolgit Cream is not recommended for the treatment of children under 14 years.

## Side Effects

Seldom erythema, pruritus, itching, exanthema also with pustulation and urtication.

In extremely rare cases bronchospastic reactions in predisposed patients.

**Interactions:** No interactions with other drugs are known so far.

## Dosage

Unless otherwise prescribed by the physician, 3-4 times daily, if necessary more often, apply a 4-10 cm strip broadly to the skin and rub in. Dolgit Cream can be used as supporting treatment together with oral forms of Dolgit or other NSAIDs.

## Method of Application

Apply to the skin and rub in thoroughly. In cases of intensive haematomas and sprains, more efficacy can be achieved by using an occlusive dressing at the beginning of treatment. The penetration of the active ingredient through the skin can be intensified by iontophoresis (a special form of electrotherapy). Dolgit Cream is to be applied under the cathode (negative pole). Current intensity should be 0.1-0.5 mA per 5 cm<sup>2</sup> of electrode surface and the duration of treatment up to approx. 15 minutes.

## Duration of Treatment

The duration of treatment is determined by the physician. In most cases a daily application over a period of 2-3 weeks is sufficient.

## Properties

Dolgit Cream is a highly effective drug for the topical treatment of rheumatic and non-rheumatic pain of the locomotor system. As the active ingredient ibuprofen is dissolved in the cream base, it is rapidly absorbed by the skin and thus directly reaches the affected tissues. Dolgit Cream has an analgesic and antiphlogistic effect; swellings decrease and mobility improves noticeably. It is well tolerated by the skin, easy to apply and has an agreeable smell.

**Presentation:** Tubes of 20 g and 50 g

**Shelf-life:** The expiry date of this package is printed on the folding carton. Do not use the content of this package after the expiry date!

## Remember

Keep this medicine for **your own use**. Do not offer it to anyone else. It may not suit them, even if they seem to have the same symptoms as you. If you have further questions about Dolgit, consult your doctor or pharmacist.

### This is a Medicament

A medicament is a product that affects your health and its consumption contrary to instructions is dangerous for you.

Follow strictly the doctor's prescription, the method of use and the instruction of the pharmacist who sold the medicament.

- The doctor and the pharmacist are the experts in medicines, their benefits and risks.
- Do not by yourself interrupt the period of treatment prescribed.
- Do not repeat the same prescription without consulting your doctor.
- Keep all medicaments out of reach of children.

**Council of Arab Health Ministers, Union of Arab Pharmacists.**

**Keep out of reach of children! Do not use after the expiry date! Store below 25 °C !**

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**DOLORGIET**

Pharmaceuticals

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