DATA SHEET

Rheumon Gel
Etofenamate (Ph Eur) 5 % w/w

Presentation

Nearly transparent yellowish gel for topical application. 1 g contains 50 mg etofenamate.

Uses

Actions

Rheumon Gel is a nonsteroidal anti-inflammatory with analgesic properties. The pronounced antiphlogistic effect which has been proved in animal experiments and confirmed in numerous studies on humans derives from numerous individual effects. Rheumon Gel acts on various points of the inflammatory process: in addition to inhibiting prostaglandin synthesis, inhibition of histamine release, a bradykinin and serotonin antagonizing effect, inhibition of complement activity and inhibition of hyaluronidase release have been determined.

Membrane-stabilising properties prevent the release of proteolytic enzymes. As a result exudative and proliferative inflammatory processes are inhibited and anaphylactic and foreign body reactions are reduced.

Pharmacokinetic

Plasma concentrations: After 300 mg of etofenamate had been administered to volunteers in the form of Etofenamate gel (5%), maximum plasma etofenamate levels were measured between 12 and 24 hours after administration.

Protein binding: 98 % – 99 %

Metabolisation and Elimination: Etofenamate is excreted in the form of numerous metabolites (hydroxylation, ether and ester cleavage) and their conjugates, 35% renally and to a large extent in the bile and faeces. Enterohepatic circulation probably occurs.

Bioavailability: The bioavailability of products containing etofenamate is subject to great inter-individual and intra-individual fluctuations, essentially resulting from the administration site, skin moisture and other factors. After cutaneous administration the relative bioavailability, i.e. the systemically available portion of the dose, is in the range of other etofenamate products (up to 20%).

Indications
For topical application to inflammation of tendons, ligaments, muscles, and joints due to trauma, soft tissue rheumatism and localised rheumatic diseases.

**Dosage and Administration**

**Recommended usual dose:** apply a strip of gel 5 to 10 cm long (corresponds to approx. 1.7 to 3.3 g per administration) several times (3 – 4) a day depending on the size of the painful areas and rub in over as large an area of the skin as possible.

**Method of administration:** etofenamate gel should be rubbed into the skin over as large an area as possible.

**Duration of use:** for rheumatic disorders therapy lasting 3-4 weeks is generally sufficient in most cases. The duration of treatment for blunt injuries (e.g. sports injuries) can be up to 2 weeks. If symptoms persist a doctor should be consulted to determine whether further treatment is required.

**Contraindications**

Rheumon Gel should not be used in the following cases:

- Hypersensitivity to etofenamate, flufenamic acid, propylene glycol and other non-steroidal anti-inflammatory. Rheumon Gel should not be given to patients in whom aspirin and other non-steroidal anti-inflammatory drugs induce the symptoms of asthma, rhinitis, angioedema or urticaria.
- Pregnancy
- Children, as clinical experience is not yet sufficient.

**Warnings and Precautions**

Rheumon Gel should not be applied to damaged or eczematous inflamed skin. Rheumon Gel should not be applied to the mucous membranes or the eyes.

When etofenamate is applied topically, the absorption quota in the evaluation of the toxicological data must be borne in mind (see Pharmacokinetics).

**Acute toxicity:** Investigations of the acute toxicity of etofenamate have been carried out with various forms of administration in rats, mice, guinea-pigs and rabbits.

**Subchronic and chronic toxicity:** Subchronic toxicity has been investigated in various animal species. One-year studies with oral administration were carried out in rats (7, 27, 100 mg/kg body weight/day) and primates (7, 26, 100 mg/kg/day). Rats given 100 mg/kg/day developed gastrointestinal haemorrhages and ulcers with subsequent peritonitis and increased mortality. The high dose led to a reduction in body weight, thymus weight and haemoglobin in primates.

**Carcinogenicity and Mutagenicity:** In vitro and in vivo investigations of gene and chromosome mutation induction produced negative results. The possibility of the substance having a mutagenic effect appears to have been excluded with sufficient reliability. Long-term studies involving oral administration to rats (7, 21, 63 mg/kg/day) and mice (15, 45, 140 mg/kg/day) provided no evidence of a tumorigenic potential of etofenamate.
Reproduction toxicology: Etofenamate crosses the placental barrier. There is no experience of administration to humans. In animal experiments the embryotoxic dose was lower than the maternotoxic dose. In rats there was an increased incidence of dilation of the renal pelvis from a dose of 21 mg/kg/day administered orally (days 6-15 p.c.) and an increased incidence of 14 rib pairs from 7 mg/kg/day administered orally (days 6-15 p.c.) in pups whose mothers had been treated.

Etofenamate is excreted as flufenamic acid in breast milk. The concentrations in breast milk are so low that short-term dermal treatment of small areas is not considered as a reason to stop breastfeeding.

Etofenamate is presumed to be safe or unlikely to produce an effect on the ability to drive or use machinery

Adverse Effects

In rare cases, reddening of the skin and in very rare cases allergic skin reactions (i.e. intense itching, rashes, erythema, swelling, blistering) can occur.

These usually recede rapidly when medication is discontinued.

Interaction

No interactions are known when Rheumon Gel is used correctly.

Pregnancy and Lactation Rheumon Gel must not be used during pregnancy. It must only be used on small areas and for short periods by breast-feeding mothers.

Overdosage

In case of incorrect use: if the contents of a tube of Rheumon Gel or more are applied to the entire surface of the body within a short period, headaches, dizziness or epigastric discomfort can occur. The recommended countermeasure is to wash off the Rheumon Gel with water.

Due to the taste, toxicologically unsafe doses are not generally reached orally: otherwise perform gastric lavage or induce vomiting and administer medicinal charcoal.

Pharmaceutical precautions

Shelf-life and storage: 36 months from date of manufacture, stored below 25 °C. Rheumon Gel can cause discoloration or damage to the surface of polished furniture or plastics. The hands should therefore be washed after applying the product or contact with the above items should be avoided.

Keep drug out of the reach of children.

Incompatibilities: No incompatibilities are known.

Medicine Classification

Pharmacy Medicine
Package Quantities

50 g tubes.

Further Information

Etofenamate is 2-(2-hydroxyethoxy)ethyl N-(alpha,alpha,alpha-trifluoro-meta-tolyl)anthranilate. It has a chemical formula and molecular weight of C_{18}H_{18}F_{3}NO_{4} and 369.3 respectively.

Other ingredients of the gel are: Fatty alcohol polyglycol ethers, macrogol 400, sodium hydroxide, polyacrylic acid, isopropyl alcohol and purified water.


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