

# 4head<sup>®</sup>

## QUICKSTRIP<sup>™</sup>

HYDRO-GEL STRIP

**Read all of this leaflet carefully before using this product.**

Keep this leaflet. You may need to read it again. Ask your doctor or pharmacist if you need more information or advice.

### In this leaflet:

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## 1. What 4head QuickStrip is and what it is used for

- 4head QuickStrip is specially designed to provide instant cooling relief for migraine and severe headache.
- It is suitable for use by adults, the elderly and children over 12 years.
- 4head QuickStrip is an advanced hydro-gel strip incorporating a highly water-absorbing polymer that provides immediate cooling relief by a process of evaporative cooling. The strip also contains natural levomenthol, which reinforces the analgesic (painkilling) feeling of coldness, helping to relax tense muscles in the head and neck.
- It works without refrigeration.
- A single strip can work for up to 6 hours.

## 2. Before you use 4head QuickStrip

**Do not use** 4head QuickStrip in cases of allergy (hypersensitivity) to the strip.

## Take the following precautions when using this product:

- Make sure that the skin on the application site is **dry** before applying 4head QuickStrip, and avoid contact with hair, clothing or fabrics (otherwise the strip will not stick very well).
- Do not apply the strip over the eyes or eyelids. Contact with the eyes, nostrils and mouth may cause irritation.
- Do not apply to areas of broken or irritated skin.
- This product is not recommended for use by children under 12 years of age.
- If you suffer frequent headaches or your symptoms persist, discuss this with your doctor or pharmacist.
- Keep out of the reach and sight of children.

## Using other medicines

4head QuickStrip is not known to affect or be affected by any other medicines. If necessary, you can use it at the same time as oral medicines, including analgesics.

## Pregnancy and breast-feeding

You can use this product if you are pregnant or breast-feeding. The ingredients have been in widespread use in this and similar preparations for many years, without significant adverse reports. However, safety trials have not been conducted. If you are pregnant and often have headaches, tell your midwife or doctor so that they can advise you. Severe headaches in pregnancy can be a sign of high blood pressure and you should seek urgent advice.

## Driving and using machinery

Using this product is not known to affect your ability to drive or use machinery.

## 3. How to use 4head QuickStrip

### For adults, the elderly and children over 12 years:

- Open the resealable laminate sachet by carefully cutting or tearing it where indicated along the top edge.
- Remove one 4head QuickStrip, then fold the top of the sachet twice to reseal it. (This is important to prevent the remaining strip from drying out).
- Remove and discard the transparent film from the back of the strip.
- After ensuring the skin on application site is dry, place 4head QuickStrip on the forehead. If you prefer, you can apply it on the back of the neck or over the temples (if necessary after cutting the strip to a suitable size using scissors).
- Use each strip for as long as needed (then discard).
- For best results use each strip only once.
- It is generally a good idea/advisable to wash hands after application/removal of the strip.

### If the product comes into contact with the eyes, nostrils or mouth

The product may cause irritation if it comes into contact with the eyes, nostrils or mouth. If this occurs, rinse the affected site with plenty of water. If rinsing one eye, take care to avoid washing product into the other eye. If irritation persists, seek medical attention.

### If you use this product too often

Although there is no specific limitation to how often and for how long this product can be used, excessive use may lead to skin irritation at the application site. If irritation occurs, apply the strips less frequently or for shorter periods or, in more severe cases, discontinue use.

## 4. Possible side effects

Like other treatments, 4head QuickStrip can occasionally cause side effects, although not everybody gets them. Faint skin redness can occur, and in rare cases the cooling sensation can initially feel intense. Because the product is

volatile (i.e. liable to give off a small amount of vapour), in rare cases it may cause temporary, mild watering of the eyes. If any side effect becomes unacceptable, remove the strip and wash the skin area.

Very rarely, individuals may also be sensitive to ingredients used in cooling patches or strips, and experience allergic reactions involving itching, swelling and redness. In such cases, remove the strip and wash the affected area.

**Stop using** this product and **tell** your doctor or pharmacist if any side effect gets serious, or if you notice any other side effect not mentioned in this leaflet.

## 5. How to store 4head QuickStrip

- Keep it out of the reach and sight of children.
- Always reseal any opened sachet by folding the top of the sachet twice. This will prevent the remaining strip from drying out.
- Do not use after the expiry date shown on the carton and sachets. The expiry date refers to the last day of that month.

## 6. Further information about 4head QuickStrip

The product's main cooling ingredients are natural levomenthol and water formulated in an evaporative hydro-gel strip especially designed to provide long-lasting cooling relief.

### What 4head QuickStrip looks like and contents of the pack

The product is an adhesive strip measuring 4 x 10 cm comprising a transparent pale blue flexible semi-solid gel on a supporting sheet. It contains no fragrance.

The product is available in packs of 4 strips in laminate sachets (2 strips per sachet).

4head QuickStrip is distributed by DDD Limited, 94 Rickmansworth Road, Watford, Herts, WD18 7JJ, for Diomed Developments Limited, Tatmore Place, Gosmore, Hitchin, Herts, SG4 7QR.

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Made in China.

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