

# For patients who have been prescribed treatment with Qutenza® (capsaicin 179 mg patch)

## This guide provides information and support about Qutenza.

The material in this booklet is intended to supplement the information provided by your doctor/nurse and in the patient information leaflet for Qutenza which is available in the Qutenza pack and can also be found at: [www.medicines.org.uk/emc/medicine/23149](http://www.medicines.org.uk/emc/medicine/23149)

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The Qutenza patient information leaflet provides a complete list of ingredients and further information. This leaflet is available in the Qutenza pack and also at [www.medicines.org.uk/emc/medicine/23149](http://www.medicines.org.uk/emc/medicine/23149)

## QUTENZA IS A DERMAL PATCH FOR USE ON YOUR SKIN

It is designed to provide pain relief in people who have nerve pain due to damaged nerves in the skin. Qutenza can be used either alone or in combination with other medicines that you may take to treat your pain.

## WHY HAVE I BEEN PRESCRIBED QUTENZA?

Your doctor has prescribed Qutenza to help relieve your peripheral neuropathic pain. Peripheral neuropathic pain can have several different causes, including:

- A complication of some diseases
- A reaction to some medicines
- Nerve damage from an accident, injury or following surgery

Your doctor will have discussed with you the underlying reasons for your pain.

## CONSIDERATIONS WITH QUTENZA



**Allergy:** Qutenza must not be used if you are allergic to chilli peppers/capsaicin or any of the ingredients in the patch. Refer to the Qutenza patient information leaflet for a complete list of ingredients and further information (see bottom of page 2).



**High blood pressure:** If you have unstable or poorly controlled high blood pressure or have had heart problems, please let your doctor know.



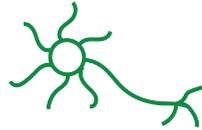
**Pregnancy and breastfeeding:** If you are pregnant or think you might be pregnant, or if you are breastfeeding, you should tell your doctor before receiving treatment with Qutenza. You should stop breastfeeding before treatment with Qutenza is started.

# How does Qutenza work?

## QUTENZA WORKS WHERE IT'S PLACED ON YOUR SKIN



The active ingredient in Qutenza is a synthetic form of capsaicin, the compound that gives chilli peppers their heat sensation.



The capsaicin contained in Qutenza acts on pain-sensing nerves in the skin, making them less sensitive and leading to pain relief.

## IS THE PROCEDURE PAINFUL?



Treatment site reactions such as pain or burning sensation, skin reddening, itching and swelling may occur.



If you experience a lot of pain, local cooling may be applied, or you will be given medicine for pain. If you experience very severe pain, ask your doctor to remove the patch.

# Your Qutenza treatment

## WHO WILL APPLY QUTENZA?

Qutenza will be applied by a doctor or nurse (under the supervision of a physician) who has been trained in Qutenza patch application.

## WHAT WILL THE TREATMENT INVOLVE AND HOW LONG WILL IT TAKE?



Qutenza is for use on your skin. A doctor or nurse will mark the most painful areas on your skin with a pen or marker.



Any hair in the treatment area will be clipped using scissors (you should wait for a doctor or nurse to do this; you should not remove any hair before your appointment).



You may be offered an oral analgesic or numbing gel/cream before treatment to reduce any discomfort. The gel or cream will be removed before Qutenza is applied.



The doctor or nurse may put a bandage on top of the Qutenza patch to keep it firmly on your skin.



Any discomfort may cause your blood pressure to go up slightly, therefore it will be monitored during treatment.



The area will be washed with soap and water, and then dried.



The patch will be left on for 30 minutes if you have pain in your feet.



The patch will be left on for 60 minutes on other painful sites.



The doctor or nurse will remove the patch, apply and then remove cleansing gel, and gently wash the area with soap and water.

## HOW SHOULD I PREPARE FOR THE TREATMENT?



### Take medication as usual

If you take any regular medication, take it as usual before coming to the clinic.



### Inform your doctor or nurse

Make sure you tell your doctor or nurse if you are taking or have recently taken any medicines, including over the counter products.



### Dress comfortably

You should wear loose-fitting clothing over the treatment site or, if your feet are being treated, wear comfortable footwear such as slippers or flip flops.

## WHAT SPECIAL PRECAUTIONS SHOULD I TAKE?

-  **DO NOT** sniff or inhale close to the patches as this may cause coughing or sneezing.
-  **DO NOT** touch a patch with your hands during treatment as it may cause burning and stinging.
-  **DO NOT** touch your eyes, mouth or other sensitive areas during treatment.
-  **DO NOT** attempt to remove the patch yourself. A doctor or nurse will remove it for you.
-  **DO NOT** touch the patch or other materials that have come into contact with the treated areas as they may cause burning and stinging.
-  **DO NOT** touch or scratch the treatment area.
-  **DO NOT** let children or animals touch the treatment area.



Your doctor or nurse will wear gloves when handling the patches because it may burn and/or sting if it touches the skin. You should tell your doctor or nurse if you accidentally touch the patch.

# What to expect after your Qutenza treatment

## HOW SOON WILL I BEGIN TO FEEL PAIN RELIEF AFTER TREATMENT?



You may start to experience **pain relief between 1 and 3 weeks** after treatment.



It is **usual for your skin to sting or become red and burn** during and after treatment for a short time.



Your doctor may recommend **repeat treatments after 90 days** depending on how your pain responds to the patch.

## LOOKING AFTER YOUR TREATMENT AREA FOR A FEW DAYS AFTER TREATMENT

**Avoid hot showers and baths** or protect the treatment area from hot water.

**Avoid exposing your treatment area to direct sunlight** for a few days.

**Avoid intense exercise** that will raise your body temperature or cause sweating.

**The burning sensation might increase at night** so use lighter bedsheets for a few days or keep the area uncovered.

At home, you can **manage discomfort by cooling the treatment site with chilled cool packs** (not frozen) **or by taking over-the-counter pain medication.**

Wrap the cool pack in material to avoid direct contact with the skin before use.

Continue using all your **usual pain medications as prescribed.**



Qutenza is unlikely to have any direct effect on your ability to drive or use machinery.

# Qutenza and possible side effects

## WILL I EXPERIENCE ANY SIDE EFFECTS?

Like all medicines, Qutenza can cause side effects, although not everybody gets them.

- **Local side effects at the treatment area, such as redness, itchiness, burning and pain** are amongst the most common and should wear off over the next few days.
- The burning sensation may increase again at night if the treatment area becomes hot.
- **Use chilled cool packs (not frozen) on the treatment site or oral over-the-counter pain killers (avoid the use of creams or gels) to manage any discomfort.** Wrap the cool pack in material to avoid direct contact with the skin before use.
- You may notice that you have less feeling for hot or sharp pain at the site where Qutenza was applied. This is usually temporary and the feeling will return to normal in a few days after your treatment.
- **Rare cases of serious burns** have been reported to occur on the skin where Qutenza has been applied. If you experience worsening pain, swelling, peeling or blistering of skin, seek medical attention immediately.

Please consult the patient information leaflet for Qutenza for further information on side effects, including information on when you need to consult your doctor straight away. The patient information leaflet is available in the Qutenza pack and also at [www.medicines.org.uk/emc/medicine/23149](http://www.medicines.org.uk/emc/medicine/23149)

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this booklet or the Qutenza patient information leaflet. You can also report side effects directly via the Yellow Card Scheme at [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard). By reporting side effects, you can help provide more information on the safety of this medicine.

## WHAT SHOULD I DO IF MY PAIN RETURNS BETWEEN APPOINTMENTS?

Your doctor or nurse will have discussed your follow-up plan with you – you can record information about follow-up appointments and details on page 15.

If you still have pain following treatment with Qutenza, or if your pain returns between appointments, you should contact the doctor or nurse named in your follow-up plan or another healthcare professional.

## WHERE CAN I FIND FURTHER INFORMATION ABOUT QUTENZA?

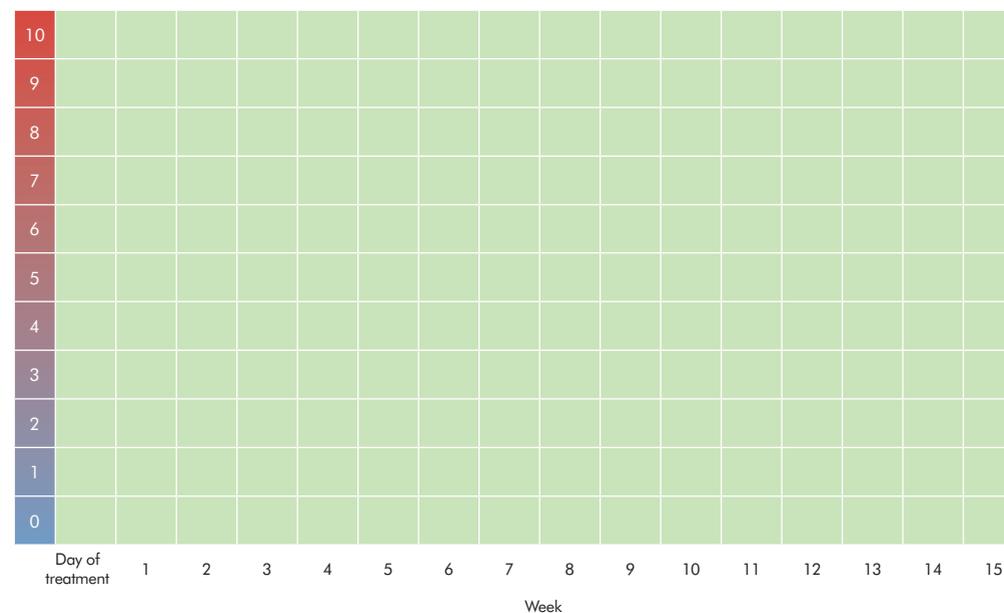
If you have any further questions about Qutenza, you should ask the doctor or nurse named in your follow-up plan – you can record contact information on page 15.

Please also refer to the patient information leaflet for Qutenza which is available in the Qutenza pack and also at [www.medicines.org.uk/emc/medicine/23149](http://www.medicines.org.uk/emc/medicine/23149)

Date of 1st treatment: \_\_\_\_\_

Keep track of your progress over the next few weeks. On the first day of your treatment mark an X on the chart of how your pain feels on a scale of 0 to 10. Repeat this on the same day every week until your next appointment.

**10 being in the most pain imaginable and 0 being in no pain at all.**



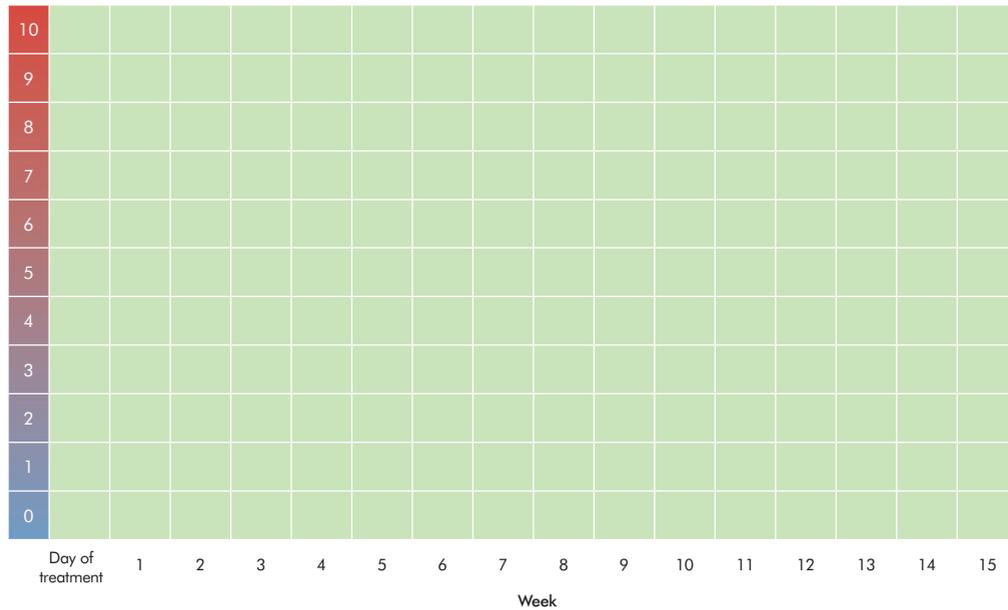
## IF YOUR PAIN SYMPTOMS PERSIST OR RETURN PLEASE CONTACT YOUR DOCTOR OR NURSE

You may wish to bring this chart along to your next appointment. It will give your nurse or doctor a valuable record of your progress and help them to manage your pain.

## Your pain record chart: second Qutenza treatment *(if applicable)*

Date of 2nd treatment: \_\_\_\_\_

10 being in the most pain imaginable and 0 being in no pain at all.

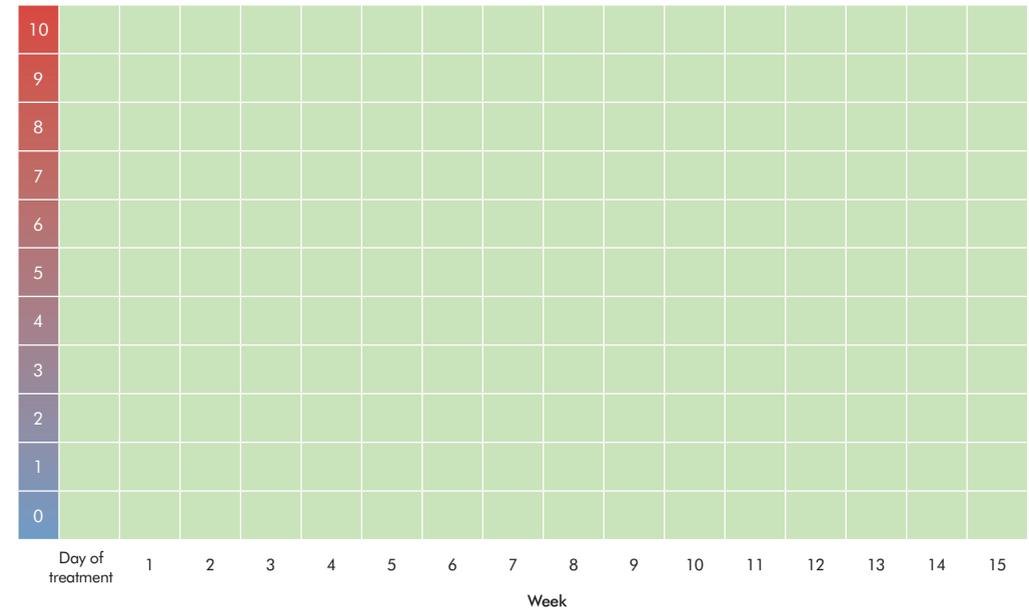


IF YOUR PAIN SYMPTOMS PERSIST OR RETURN PLEASE  
CONTACT YOUR DOCTOR OR NURSE

## Your pain record chart: third Qutenza treatment *(if applicable)*

Date of 3rd treatment: \_\_\_\_\_

10 being in the most pain imaginable and 0 being in no pain at all.

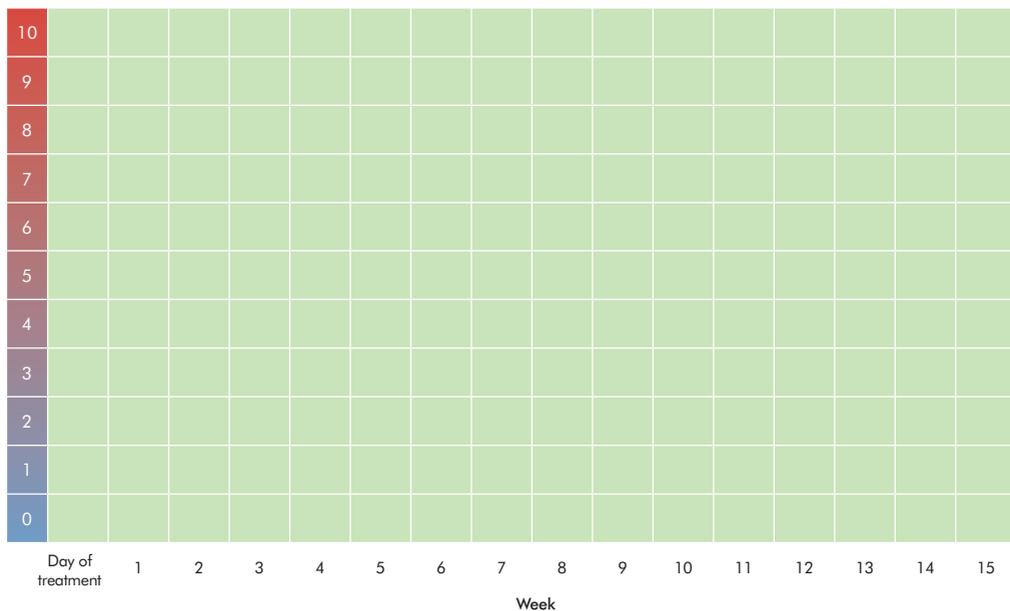


IF YOUR PAIN SYMPTOMS PERSIST OR RETURN PLEASE  
CONTACT YOUR DOCTOR OR NURSE

# Your pain record chart: fourth Qutenza treatment *(if applicable)*

Date of 4th treatment: \_\_\_\_\_

10 being in the most pain imaginable and 0 being in no pain at all.



**IF YOUR PAIN SYMPTOMS PERSIST OR RETURN PLEASE  
CONTACT YOUR DOCTOR OR NURSE**

# Your Qutenza follow-up plan

If you have any concerns about your Qutenza treatment, get in touch:

**Qutenza treatment/  
follow-up appointment:**

Date: .....

Time: .....

With: .....

**Qutenza treatment/  
follow-up appointment:**

Date: .....

Time: .....

With: .....

**Qutenza treatment/  
follow-up appointment:**

Date: .....

Time: .....

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**Qutenza treatment/  
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**Qutenza treatment/  
follow-up appointment:**

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Time: .....

With: .....

**Qutenza treatment/  
follow-up appointment:**

Date: .....

Time: .....

With: .....

To book your follow-up appointment(s) if applicable please contact:

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this booklet or the Qutenza patient information leaflet. You can also report side effects directly via the Yellow Card Scheme at [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard).

By reporting side effects, you can help provide more information on the safety of this medicine.