

ActiProct® Gel

Instructions for Use

Please read this leaflet carefully before using ActiProct® Gel. Keep it at hand for reference. For any queries or uncertainties, consult your healthcare provider.

ActiProct® Gel

Clinically-proven Haemorrhoid (Piles) fast symptom relief

ActiProct® Gel formula against haemorrhoids is clinically proven to relieve haemorrhoidal discomfort, such as soothing itching, pain and inflammation for improved comfort, even during bowel movements.

5 way action:

- Relieves haemorrhoids and anal discomfort
- Reduces inflammation
- Relieves pain
- Soothes itch
- Protects from irritation & friction during toilet visits

ActiProct® is clinically proven to relieve haemorrhoids and anal discomfort. It provides a fast cooling effect within 60 seconds. ActiProct® is easy to use thanks to a convenient and hygienic format.

Indication

Haemorrhoids, also known as piles, these swollen veins in the anus and lower rectum can cause itching, pain, inflammation, and a burning sensation. They come in four grades, but the most common are Grade I and Grade II. Grade I haemorrhoids bleed but do not protrude, while Grade II haemorrhoids do protrude outside the anal canal.

ActiProct® Gel is indicated to relieve the discomfort caused by haemorrhoids Grade I and II. It is clinically proven to effectively reduce itch, irritation, pain, inflammation and burning. ActiProct® Gel formula against haemorrhoids contains natural ingredients for a soothing touch, known for their cooling and itch relief properties, such as the natural 2QR-Complex, extracted from Aloe Vera.

ActiProct® Gel is clinically proven to reduce haemorrhoid severity from Grade II to Grade I.

How ActiProct® Gel works

ActiProct® Gel is based on natural ingredients and has a fast cooling effect that provides relief and comfort, and is proven to reduce pain and discomfort during toilet visits. The 2QR-complex, extracted from Aloe Vera, creates a physical protective barrier and to facilitate easier bowel movements.

Directions for use:

For rectal use only.

Apply in and around the affected area after bowel movement at least twice per day in ample quantity for a period of two weeks or whenever relief is desired.

1. For external anal discomfort: Wash your hands before and after using the product. Place a small amount of the ActiProct® Gel on the finger and apply around the anus. Securely close tube after use to keep the gel from drying out.
2. For internal anal discomfort: Apply the product using the cannula applicator included in the product pack. After usage, clean the applicator with warm water and replace the protective cap. Securely close the tube after use to keep the gel from drying out.

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Warnings:

Keep out of the reach of children. Do not use this product if you are sensitive to one or more of the ingredients. ActiProct® Gel should not be used for longer than 30 continuous days in one treatment period. Please talk to your doctor if you continually suffer from haemorrhoids or experience excessive bleeding.

ActiProct® Gel is based on natural ingredients:

ActiProct® Gel unique formulation contains the natural 2QR-complex.

Ingredients:

Aqua, 2QR-Complex* (40 %), PEG-8, Xanthan Gum, Betaine, Laureth-9 (1 %), Phenoxyethanol, Ethylhexylglycerin, Sodium Hydroxide, Potassium phosphate.

*Purified from Aloe Barbadensis Leaf Extract

Interference with medications:

There are no known interferences with other medications. Always consult your healthcare provider.

Pregnancy and breastfeeding:

Safety in pregnant and breastfeeding women is not established. However, No side effects are known when used during pregnancy or breastfeeding. Literature reviews supports that there are no known contraindications for the use of 2QR complex during pregnancy and while breastfeeding.

Children:

Safety in children has not been established. Please consult your health care provider.

Storage:

ActiProct® Gel should be stored at room temperature (15 – 25 °C). Store in a safe and cool place. Do not use after the expiry date shown on the top of the tube and on the packaging.

Contents of Pack:

30g Tube of ActiProct® Gel

Background Information:

3. What are Haemorrhoids?

Haemorrhoids, also called piles, are swollen enlarged veins that form inside and outside of the anus and rectum. Haemorrhoids and anal discomfort are very common among adults. Yet, a lot of people suffer in silence from this condition due to the embarrassment associated with symptoms, preventing them from asking for help. It is unfortunate, because symptoms of haemorrhoids can be easy to treat. The reason why we develop haemorrhoids is often unknown, but it is probably linked to increased pressure on the rectum. You are more at risk of having haemorrhoids if you are overweight, are pregnant, eat a low-fibre diet, have chronic constipation or diarrhoea, regularly lift heavy weights, spend a lot of time sitting on the toilet, strain while having bowel movement.

4. What are the symptoms of Haemorrhoids?

Haemorrhoid symptoms range from very mild to severe and often become a recurring problem. The most common symptoms of haemorrhoids include:

- Itch or irritation in the anal area
- Pain or discomfort in the anal area
- Swelling (inflammation) of the anal area
- Feeling like your bowels are not fully empty after toilet visit
- Mucus on underwear or on toilet paper after wiping
- Bright red blood after defecation

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Keep in mind that some of the symptoms of haemorrhoids are similar to those caused by other conditions, it is important to consult a healthcare professional.

5. Haemorrhoids & pregnancy

- Haemorrhoids and anal discomfort are very common among pregnant or breastfeeding women. Many women develop haemorrhoids during and after pregnancy. This may be partly because of hormones and partly because the baby puts pressure on the blood vessels in the pelvic area. Straining during the birth may also cause haemorrhoids, but usually the symptoms improve after the baby is born. There is also an increased probability of suffering from constipation in pregnancy, which is the biggest trigger of haemorrhoids.

In case of any serious side effects, talk to your health care provider. You can also report side effects to SAHPRA via the Med Safety APP (Medsafety X SAHPRA) and eReporting platform (who-umc.org) found on SAHPRA website. By reporting side effects, you can help provide more information on the safety of ActiProct® Gel.

Disposal:

The cap and applicator should be recycled as plastic, the carton as paper and the tube should be disposed of with common household waste.

This Instruction for Use was issued:

February 2025

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CE 0481

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2004819-1 77215291 02/25