

FACING PAIN WITH SPICINESS

Treatment of peripheral
nerve pain (*neuropathies*) with the
Qutenza® 179 mg cutaneous patch



Information for patients

Dear patient,

Your doctor has diagnosed you with peripheral nerve pain and prescribed the capsaicin patch Qutenza®.

In the medical community, nerve pain is called “neuropathic pain” and can occur as a concomitant symptom of an underlying disease or as a result of an illness (e.g. as a result of diabetes, after an operation, shingles or chemotherapy).

Peripheral nerve pain has a major impact on the quality of life of those affected. The persistent pain can lead to enormous restrictions in everyday life. But the good news is:

**NEUROPATHIC PAIN CAN OFTEN BE TREATED WELL
WITH THE RIGHT APPROACHES.**

In this brochure you will find information on how to prepare for the use of Qutenza®, how the patch is applied and what to consider before, during and after the use.

If you have any questions, always consult your doctor or healthcare professional.

We wish you a speedy recovery

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How does nerve pain develop?

The nerve cells in our body receive stimuli, e.g. via the skin, and transmit them to our brain. Here, an evaluation takes place in fractions of a second: Was it a gentle touch, a caress, a tickle, pressure or pain? If the nerve cells or fibers are damaged, they no longer transmit the stimuli appropriately and send the “wrong signals”. These may manifest themselves in the form of numbness, tingling, stinging or shooting pain. This is referred to as nerve pain or – as it is called in medicine – neuropathic pain or neuropathies.

Nerve damage can have various causes, such as

- mechanical events, e.g. because nerves are injured or severed during an operation
- diseases or infections, such as shingles
- toxic substances, such as alcohol
- Diabetes, where, among other things, changes in small blood vessels can lead to an inadequate supply of oxygen and nutrients to the nerves
- Chemotherapeutic agents for cancer therapy, because these substances can damage healthy cells such as nerve cells as well as cancer cells

In these cases, the symptoms often occur locally at certain points on the body, such as the back or hands and feet. They may occur spontaneously or be triggered by external stimuli, e.g. touch, heat, cold or movement.

It is often not pain in the true sense of the word, but rather discomfort, which can manifest itself in different ways:



**Tingling, stinging,
“A thousand pins”,
creepy-crawly sensation**



**Electric shock or
lightning-like
shooting pain**



**Painful feeling of
cold or frost**



**sensation of heat
and burning**



**Numbness,
furriness**

How can nerve pain be treated?¹

Various medications and forms of treatment are available to treat nerve pain, such as:

Tablets, oral medication

- Antiepileptics and antidepressants are normally used to treat other illnesses, but they also have an analgesic effect on nerve pain.

As these medications are swallowed, the active ingredient is distributed throughout the body and can cause side effects such as dizziness, fatigue, numbness, weight gain or constipation. A further risk is posed by possible interactions with the patient's other medications and the danger of addiction.

- **Known painkillers** with active ingredients such as **acetylsalicylic acid (ASA), ibuprofen or paracetamol should not** be taken for neuropathic pain. They do not have a sufficient effect on this type of pain and may have side effects.

Locally effective therapies

For the treatment of peripheral nerve pain, locally acting therapies are available as an alternative or supplement to tablets. They are applied directly to the area of skin affected by the nerve pain. Possible side effects are generally limited to the treated area. The effects on the affected area are limited and interactions with other oral medications are rare.

One local therapy option for peripheral neuropathic pain, is the treatment with the capsaicin patch Qutenza[®], which is applied to the painful area of the skin.² Capsaicin is an active ingredient from the chili pepper, the pungency of which is also known from highly spiced dishes. In the case of medical therapy, however, it is an artificially produced, high-dose capsaicin that can relieve nerve pain in the painful area of the body.

What is your therapy goal?

Since not every medication works in the same way for every patient and every type of pain, it is important that you find the right therapy for you in collaboration with your doctor.

No one can promise that the pain will disappear completely. But even a reduction in pain is a success that can significantly improve quality of life. After all, the less pain, the better the quality of sleep, mobility, ability to work, social activities and mood!

What is your therapeutic goal when starting treatment with Qutenza[®]?

Pain treatment with capsaicin

Chili against pain? What seems surprising at first glance is actually possible.

The spiciness from the chili³

The pungent substance in chili peppers is called capsaicin. Pure capsaicin, a white, crystalline powder, is one of the hottest products in the world. Capsaicin has an antibacterial, circulation-promoting, diaphoretic, stimulating and anaesthetic effect and is produced synthetically for medical use. For digestive problems, circulatory problems, circulatory disorders, skin diseases and muscle pain, the active ingredient is recommended in food or in the form of ointments and patches.

How does the capsaicin patch work?

Capsaicin makes the nerves less sensitive to further pain stimuli. And this is also how local treatment with the Qutenza® patch works: The active ingredient in the patch penetrates the skin, reaching the damaged nerves underneath and preventing pain signals from being transmitted to the brain.

“Local” means that the patch only releases its active ingredient where it is applied. During the treatment, side effects such as burning or redness may occur at the application site. Both effects usually on their own within a few days.

Interactions with oral medications are unlikely.

Qutenza[®] treatment cycle

The cycle of neuropathic pain

Damage or disorders in the nervous system can cause affected nerve fibers to react hypersensitively. This results in neuropathic pain. The affected area is often easy to localize.



Nervous regeneration

After defunctionization, the pain fibers can regenerate. Therefore, the pain may return. In this case, the application of the Qutenza[®] patch can be repeated, on average every three months.*



A

B

C

D

Local Application

Qutenza[®] is applied specifically to the painful area so that the capsaicin can act for 30 minutes (on the feet) to 60 minutes (on other parts of the body).²

Pain reduction

The capsaicin patch can be used for localized neuropathic pain by defunctionalizing pain fibres. This can have a positive influence on pain sensation, sleep quality and quality of life.²

APPLICATION EVERY 60 TO 90 DAYS^{*,2}

30 minutes on the feet
60 minutes on other parts of the body

* For persistent or recurrent pain. Re-treatment can only be considered for individual patients after less than 90 days following careful assessment by the doctor. A minimum interval of 60 days must be observed between treatments.

Application of Qutenza®

How often do I need a Qutenza® application?

Treatment with the patch can be repeated at intervals of 60 to 90 days if necessary. If you notice insufficient pain relief or the pain returns sooner, please contact your doctor.

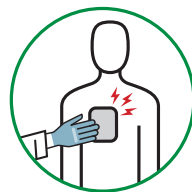


How quickly the first effect of the patch is felt and how often it should be repeated varies from person to person. It can take between 1 to 3 weeks before you experience any pain relief from Qutenza®. It is also possible that the therapy may not be sufficiently pain-relieving after the first application. Regularly discuss the treatment with

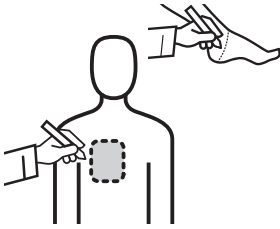
your doctor to monitor its progress. It is recommended to continue treatment for a sufficient duration and reassess its effectiveness on a case-by-case basis after three applications.

A simple explanation of how to use Qutenza®.

Qutenza® is a patch therapy for local application in peripheral neuropathic pain. The plaster contains highly concentrated capsaicin, which is why it may only be applied to the painful skin area by trained specialist personnel.



1.

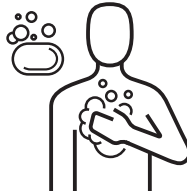


Determination of the painful skin area

The healthcare professional checks the patient's condition by touch to determine which area of the skin is affected and mark the area with a pen.

The hypersensitive area is marked in consultation with you so that the therapy can be individually tailored to you.

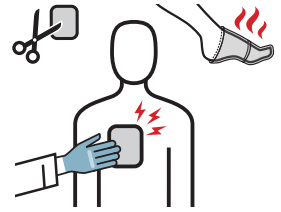
2.



Preparation of the painful skin area

The healthcare professional will wash and dry the affected area before treatment.

3.



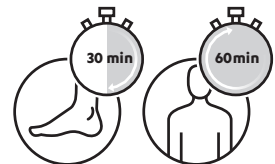
Application of Qutenza®

The specialist cuts the plaster to size and applies it to the affected skin area.



The Qutenza® plaster is applied with the help of a bandage or similar.

When applied to the foot, the plaster remains in place for up to 30 minutes, while on other parts of the body it remains in place for up to 60 minutes.



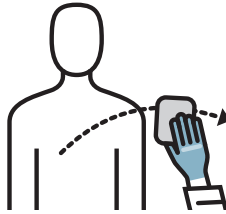
4.



Alleviate treatment-related complaints

During treatment, the treated area may feel hot. This is a normal and temporary reaction that naturally accompanies the treatment.

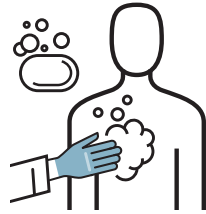
5.



Removing the plaster

After an appropriate application time, the plaster is removed by the healthcare professional.

6.



Final cleansing of the skin

To ensure that no active ingredient remains on the skin, the healthcare professional carefully cleans the treated area with a cleansing gel, soap and water.



Cooling neighboring regions can alleviate the discomfort. If necessary, you can ask your doctor about oral pain medication.



If possible, bring an ice pack to cool the treated skin area at the time of treatment.

What should you consider **BEFORE** use?



If you obtain the Qutenza® patch from the pharmacy in advance the following applies: Always store the patch lying down so that the active ingredient remains evenly distributed in the patch!



The application takes about one and a half hour. To pass the time, it is best to bring something to keep you occupied.



As a burning sensation may occur, we advise you to bring a cool pack with you.

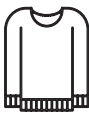
Important to know: Cold packs from the freezer should never be placed directly on the skin, as this can lead to local frostbite! Wrap the cool pack in a towel or other material and only apply it for a short time (about 15 minutes). Alternative: Store the cold pack in the refrigerator.



Hairy areas of the body that require treatment should be shaved 24 hours in advance, but not after that. The reason for this is that the patch may only applied to undamaged and unirritated skin.



Clean the affected skin area thoroughly on the day of treatment, but do not use any ointments before application.



Wear loose, comfortable clothing as the treated skin area may be sensitive.

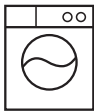
What should you consider **AFTER** use?



The application may cause redness, itching, swelling or a burning sensation on the affected skin area. However, these symptoms will subside on their own within three to four days.



For a few days after application, you should avoid sporting activities, sun, hot showers, saunas or hot water bottles, as the heat can reactivate the active ingredient.



As the active ingredient can continue to emerge from the skin for several days, you should wash any clothing or bed linen that has come into contact with the treated area.



You should not touch the treated skin area for the first few days after application. Also make sure that neither children nor pets come into contact with the active ingredient through you.



If you feel pain on the treated skin area, you can talk to your doctor about suitable painkillers. The burning sensation may increase at night.

Information on possible side effects can be found in the package leaflet. If you notice any side effects, contact your doctor, pharmacist or nurse. You can also report side effects using the QR code.



Documentation after use

Application date 1:

Document your treatment success through self-assessment. How has your pain developed as a result of the capsaicin patch application?

Pain assessment



	No pain	0	1	2	3	4	5	6	7	8	9	10	Strongest imaginable pain
Before use													
After week 1													
After week 2													
After week 4													
After week 8													
After week 12													

What else has changed?

Please mark with a cross where applicable



Sleep					
Activity					
Mobility					
Social contacts/participation					
Ability to work					
Quality of life					
Mood					
...					
...					

Application date 2:

Document your treatment success through self-assessment. How has your pain developed as a result of the capsaicin patch application?

Pain assessment



Before use	No pain	0	1	2	3	4	5	6	7	8	9	10	Strongest imaginable pain
After week 1	No pain	0	1	2	3	4	5	6	7	8	9	10	Strongest imaginable pain
After week 2	No pain	0	1	2	3	4	5	6	7	8	9	10	Strongest imaginable pain
After week 4	No pain	0	1	2	3	4	5	6	7	8	9	10	Strongest imaginable pain
After week 8	No pain	0	1	2	3	4	5	6	7	8	9	10	Strongest imaginable pain
After week 12	No pain	0	1	2	3	4	5	6	7	8	9	10	Strongest imaginable pain

What else has changed?

Please mark with a cross where applicable



Sleep													
Activity													
Mobility													
Social contacts/participation													
Ability to work													
Quality of life													
Mood													
...													
...													

Documentation after use

Application date 3:

Document your treatment success through self-assessment. How has your pain developed as a result of the capsaicin patch application?

Pain assessment



Before use	No pain	0	1	2	3	4	5	6	7	8	9	10	Strongest imaginable pain
After week 1	No pain	0	1	2	3	4	5	6	7	8	9	10	Strongest imaginable pain
After week 2	No pain	0	1	2	3	4	5	6	7	8	9	10	Strongest imaginable pain
After week 4	No pain	0	1	2	3	4	5	6	7	8	9	10	Strongest imaginable pain
After week 8	No pain	0	1	2	3	4	5	6	7	8	9	10	Strongest imaginable pain
After week 12	No pain	0	1	2	3	4	5	6	7	8	9	10	Strongest imaginable pain

What else has changed?

Please mark with a cross where applicable



Sleep												
Activity												
Mobility												
Social contacts/participation												
Ability to work												
Quality of life												
Mood												
...												
...												

Application date 4:

Document your treatment success through self-assessment. How has your pain developed as a result of the capsaicin patch application?

Pain assessment



Before use	No pain	0	1	2	3	4	5	6	7	8	9	10	Strongest imaginable pain
After week 1	No pain	0	1	2	3	4	5	6	7	8	9	10	Strongest imaginable pain
After week 2	No pain	0	1	2	3	4	5	6	7	8	9	10	Strongest imaginable pain
After week 4	No pain	0	1	2	3	4	5	6	7	8	9	10	Strongest imaginable pain
After week 8	No pain	0	1	2	3	4	5	6	7	8	9	10	Strongest imaginable pain
After week 12	No pain	0	1	2	3	4	5	6	7	8	9	10	Strongest imaginable pain

What else has changed?

Please mark with a cross where applicable



Sleep												
Activity												
Mobility												
Social contacts/participation												
Ability to work												
Quality of life												
Mood												
...												
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You can find the current patient information on
www.patienteninfo-service.de

References

1. Schlereth T et al., Diagnose und nicht interventionelle Therapie neuropathischer Schmerzen, S2k-Leitlinie, 2019, in: Deutsche Gesellschaft für Neurologie (Hrsg.), Leitlinien für Diagnostik und Therapie in der Neurologie. Online: www.dgn.org/leitlinien (accessed on 05.12.2024). **2.** Patient information Qutenza® cutaneous patch, status: 10/2023; <https://www.patienteninfo-service.de/a-z-liste/pq/qutenza-179-mg-kutanes-pflaster> (accessed on 27.02.2025). **3.** <https://www.ardalpha.de/wissen/gesundheit/ernaehrung/chili-scharf-capsaicin-ernaehrung-100.html> (accessed on 05.12.2024).