

Pharmacy

Instillagel® - information for patients

You have been prescribed Instillagel® to use due to pain or discomfort. This may be because of the cancer itself, or due to side effects of your radiotherapy treatment.

Do not use Instillagel® if you are allergic or hypersensitive to lidocaine or amide-type anaesthetics, chlorhexidine or any of the other ingredients present in the product.

What is Instillagel®?

Instillagel® is a sterile gel containing a local anaesthetic (lidocaine), to prevent pain and antiseptic (chlorhexidine) to reduce the risk of infection. The gel is available in disposable syringes each containing either 6mL or 11mL.

How to use Instillagel®

Instillagel® can be used directly on its own, however this can cause some stinging for some people, therefore we recommend that you mix it with a moisturiser or cream. You can use any moisturiser or cream of your choice.

Instillagel® can be used either externally or internally. The anaesthetic takes around 5 minutes to work after the Instillagel® has been applied.

- Wash your hands
- Remove the syringe from its sterile packaging by tearing off the backing paper
- Before removing the blue cap from the end of the syringe, free the plunger by gently pressing it
- Remove the cap
- If using Instillagel® alone
 - Apply directly to the area
- If mixing with a moisturiser or cream
 - Use a clean bowl or pot
 - Empty a teaspoon to a tablespoon amount of Instillagel® into the bowl or pot
 - Mix in an equal quantity of moisturiser or cream (this does not need to be exact)
 - Apply to the area
 - If the mixture causes too much stinging or discomfort, we recommend that you use more moisturiser or cream when mixing. If they mixture is not numbing enough, we recommend that you use less moisturiser or cream.
- Replace the cap onto the syringe and store in the fridge. It is recommended that once opened the syringe is used within 24 hours.
- Wash your hands after application.



Does Instillagel® have any side effects?

You may feel a slight stinging just after the gel is used, but this stops as soon as the anaesthetic starts to work. Most people find that there are no problems after the gel has been used. If you feel that you have a reaction to the gel, please tell a member of your clinical team as soon as possible and stop using the gel immediately.

Other information:

How often can I use Instillagel®?

We recommend that you use no more than 4 syringes in 24 hours.

Will Instillagel® affect my other medications?

Please tell your clinical team if you are taking or have recently taken any other medicines, including medicines obtained without a prescription. Tell the person who is going to give you Instillagel® if you are taking any medicines for treating irregular heartbeat (antiarrhythmic drugs).

Can I use Instillagel® internally?

Yes, Instillagel® can be used either internally or externally.

Instillagel® is not for oral use and it is recommended that you avoid the eye area.

Can I use Instillagel® before/during my radiotherapy treatment?

Yes, Instillagel® does not affect your radiotherapy treatment.

This leaflet has been written as a guide, please refer to the manufacturers patient information leaflet for further details. Your clinical team or the pharmacy team will be happy to answer any questions you have about your treatment.

If you need information in a different format, such as easy read, large print, BSL, braille, email, SMS text or other communication support, please tell your ward or clinic nurse.

The Christie is committed to producing high quality, evidence based information for patients. Our patient information adheres to the principles and quality statements of the Information Standard. If you would like to have details about the sources used please contact **the-christie.patient.information@nhs.net**

For information and advice visit the cancer information centres at Withington, Oldham or Salford. Opening times can vary, please check before making a special journey.



Contact The Christie Hotline for
urgent support and specialist advice
The Christie Hotline: 0161 446 3658
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