PATIENT & CAREGIVER EDUCATION

Camphor and Menthol

This information from UpToDate® Lexidrug™ explains what you need to know about this medication, including what it's used for, how to take it, its side effects, and when to call your healthcare provider.

Brand Names: US

Arctic Relief Pain Relieving [OTC]; Camphotrex [OTC]; Camphotrol [OTC]; DuraProxin [OTC] [DSC]; Icy Hot Advanced Relief [OTC]; Icy Hot Arthritis Pain Relief [OTC]; Mentholatum [OTC]; NeuroSoothe Warm Therapy [OTC]; Ortho-Nesic [OTC]; Polar Freeze [OTC]; Sarna [OTC] [DSC]; Soltice Quick-Rub [OTC]; Sombra Warm Therapy [OTC]; Tiger Balm Extra Strength [OTC]; Tiger Balm Neck & Shoulder Rub [OTC]; Tiger Balm Red Extra Strength [OTC]; Tiger Balm Regular Strength [OTC]; Tiger Balm Ultra Strength [OTC]; Vicks VapoRub Children's [OTC]; Vicks VapoRub [OTC]

What is this drug used for?

- It is used to ease muscle and joint aches and pain.
- It is used to ease pain from skin irritations.
- It is used to treat itching.
- It may be given to your child for other reasons. Talk with the doctor.

What do I need to tell the doctor BEFORE my child takes this drug?

- If your child is allergic to this drug; any part of this drug; or any other drugs, foods, or substances. Tell the doctor about the allergy and what signs your child had.

This drug may interact with other drugs or health problems.

Tell the doctor and pharmacist about all of your child's drugs (prescription or OTC, natural products, vitamins) and health problems. You must check to make sure that it is safe to give this drug with all of your child's other drugs and health problems. Do not start, stop, or change the dose of any drug your child takes without checking with the doctor.

What are some things I need to know or do while my child takes this drug?

All products:

- Tell all of your child's health care providers that your child is taking this drug. This includes your child's doctors, nurses, pharmacists, and dentists.
- Some of these drugs may catch on fire. Do not use near an open flame or while smoking.
- If the patient is a child, use this drug with care. The risk of some side effects may be higher in children.
- Different brands of this drug may be for use in different ages of children. Talk with the doctor before giving this drug to a child.

If your child is pregnant or breast-feeding a baby:

- Talk with the doctor if your child is pregnant, becomes pregnant, or is breast-feeding a baby. You will need to talk about the benefits and risks to your child and the baby.

Patch:

- This drug may cause harm if chewed or swallowed. If this drug has been put in the mouth, call a doctor or poison control center right away.

All other products:

- This drug may cause harm if swallowed. If this drug is swallowed, call a doctor or poison control center right away.

What are some side effects that I need to call my child's doctor about right away?

WARNING/CAUTION: Even though it may be rare, some people may have very bad and sometimes deadly side effects when taking a drug. Tell your child's doctor or get medical help right away if your child has any of the following signs or symptoms that may be related to a very bad side effect:

- Signs of an allergic reaction, like rash; hives; itching; red, swollen, blistered, or peeling skin with or without fever; wheezing; tightness in the chest or throat; trouble breathing, swallowing, or talking; unusual hoarseness; or swelling of the mouth, face, lips, tongue, or throat.

What are some other side effects of this drug?

All drugs may cause side effects. However, many people have no side effects or only have minor side effects. Call your child's doctor or get medical help if any of these side effects or any other side effects bother your child or do not go away:

- Skin irritation.

These are not all of the side effects that may occur. If you have questions about side effects, call your child's doctor. Call your child's doctor for medical advice about side effects.

You may report side effects to your national health agency.

How is this drug best given?

Give this drug as ordered by your child's doctor. Read all information given to you. Follow all instructions closely.

All products:

- Do not give by mouth. Use on your child's skin only. Keep out of your child's mouth, nose, and eyes (may burn).
- Wash hands before and after use.
- Do not put on cuts, scrapes, or damaged skin.
- Do not put on open wounds.
- Do not put on right after a shower or bath.
- Avoid using a heating pad or other heating devices on the treated area.
- Do not bandage tightly.
- Clean affected part before use. Make sure to dry well.

Patch:

- You may cut the patch to size if needed.

All other products:

- Put a thin layer on the affected skin and rub in gently.

What do I do if my child misses a dose?

- If your child uses this drug on a regular basis, put on a missed dose as soon as you think about it.
- If it is close to the time for your child's next dose, skip the missed dose and go back to your child's normal time.
- Do not put on 2 doses or extra doses.
- Many times this drug is given on an as needed basis. Do not give to your child more often than told by the doctor.

How do I store and/or throw out this drug?

All products:

- Store at room temperature.
- Keep all drugs in a safe place. Keep all drugs out of the reach of children and pets.
- Throw away unused or expired drugs. Do not flush down a toilet or pour down a drain unless you are told to do so. Check with your pharmacist if you have questions about the best way to throw out drugs. There may be drug take-back programs in your area.

Patch:

- Store in pouch until ready for use.

General drug facts

- If your child's symptoms or health problems do not get better or if they become worse, call your child's doctor.
- Do not share your child's drug with others and do not give anyone else's drug to your child.
- Some drugs may have another patient information leaflet. If you have any questions about this drug, please talk with your doctor, nurse, pharmacist, or other health care provider.
- If you think there has been an overdose, call your poison control center or get medical care right away. Be ready to tell or show what was taken, how much, and when it happened.

Consumer Information Use and Disclaimer

This generalized information is a limited summary of diagnosis, treatment, and/or medication information. It is not meant to be comprehensive and should be used as a tool to help the user understand and/or assess potential diagnostic and treatment options. It does NOT include all information about conditions, treatments, medications, side effects, or risks that may apply to a specific

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If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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