

Your results and what they mean



All pink after 10 minutes

If the pad has changed colour from uniform blue to uniform pink after 10 minutes, the test is normal. Your skin's moisture is normal and your ability to sweat is also normal. Mark the result on the enclosed results cards (the tear-off one is for your healthcare team and the other one is for your personal records). See photo.



Partly pink after 10 minutes

If the pad has only partially changed colour from blue to pink (mixed blue-pink result) after 10 minutes, then your ability to sweat may be insufficient and you should mark this on the results cards. You should contact a member of your healthcare team or arrange to see your GP as soon as possible and take your test results with you. See photo.



Still blue after 10 minutes

If the pad has not changed colour at all after 10 minutes and remains uniformly blue your ability to sweat is abnormal and you should mark this where indicated on the results cards. You should contact a member of your healthcare team or arrange to see your GP as soon as possible and take your test results with you. See photo.



Please record your test results on the attached cards.

My neuropad® test results record

Please record your test results using this card and retain it for your own records. Please also make a diary note to repeat the test at least in 12 months' time or ideally in six months' time.



Normal Finding



Abnormal



Abnormal



Normal Finding



Abnormal



Abnormal

Name: _____

Date test was carried out (DD/MM/YYYY):

____/____/____



For sudomotor dysfunction and the early detection of diabetic foot syndrome^{1,2}

For general foot care advice, lists of clinical studies referencing neuropad® and to purchase clinically tested neuropad® foot repair foam containing unique ingredients and including 10% urea, please visit

www.neuropad.co.uk

PRECAUTIONS, WARNINGS AND PRODUCT INFORMATION: The neuropad® test is strictly for external use only. It should not be applied to any part of the body except to the sole of the foot. If the skin of the foot is badly cracked or if there are obvious fissures or open wounds or there are signs of local inflammation (red skin) do not apply the pad and contact a healthcare professional as soon as possible. The pads must not come into contact with the eyes or any mucous membranes and must never be inhaled. In case of accidental contact immediately wash the affected area with water. Do not use if you are allergic to chrome, nickel or cobalt. Keep out of the reach of children. **PRODUCT COMPOSITION: Substrate:** transparent polyethylene film (medically modified). **Adhesive:** hypoallergenic medical grade polyacrylate glue. **Indicator pad:** 100% viscose, binder reinforced, impregnated with CoCl₂ solution. **LEGAL CLASSIFICATION:** CE and UKCA medical device Class I. **DISPOSAL:** in general household rubbish or as clinical waste where available. Outer packaging and this leaflet suitable for recycling.



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How does it work?

Damage to the nerves in the feet as a result of diabetes can result in the sweat glands not producing enough moisture, leading to dry and cracked feet. (The medical term is SUDOMOTOR DYSFUNCTION). The blue colour in the neuropad® changes to pink in the presence of moisture, and this is what happens with a normal foot. If the neuropad® either stays blue, or only partly changes to pink, this indicates that the sweat glands are not working properly (not enough moisture to complete the colour change). This is an early warning of more serious nerve damage which could lead to ulceration and even more serious complications if left untreated.

Has it been clinically studied?

Yes. There have been >40 research papers published in international medical and scientific journals demonstrating that the neuropad® test is a valid indicator of nerve damage to the feet and a good predictor of future ulceration in the feet of people with diabetes.

How to use neuropad®

Please read the following instructions carefully as they contain important information about the neuropad® screening test and how to use it properly. If you have any questions that are not answered in this user guide, please contact a member of your healthcare team.

Each pack contains 2 test pads, one for each foot. They look like ordinary sticking plasters and should be applied in a similar way but only to undamaged skin on the soles of the feet. Do not open the test pads until you are ready to use them.

NOTE FOR THOSE WHO ARE COLOUR BLIND:

If you are blue/pink colour blind please seek assistance in interpreting your test results.



Applying the test in 5 steps

- 1 First remove your shoes and socks or stockings and allow your feet to acclimatise. Please also ensure your hands are clean and dry before applying a neuropad.
- 2 Open but never cut the sealed silver foil packet by tearing it where indicated and remove both neuropads. Check that each neuropad is uniformly blue in colour. If it is pink or partially pink please do not use.
- 3 Without touching the blue pad in the centre, remove the two outer layers of protective film and carefully stick a neuropad to the ball of the sole of each foot (see photos overleaf) or if there is too much hard skin (callous) apply either to the arch of the foot or just beneath the little toe. Now wait 10 minutes for the test to complete.
- 4 After 10 minutes, carefully peel off the neuropads from your feet. If you wish to, you can seal the results by folding back the sticky parts into the centre to cover the centre pad.
- 5 Finally, check the colour and record your results for each foot on the attached tear off card, keeping the other card for your own records. Please now dispose of the tests responsibly, recycle the outer packaging and paper parts and then wash your hands with soap and water.

1. Papanas N et al. A comparison of the new indicator test for sudomotor function (neuropad) with the vibration perception threshold and the clinical examination in the diagnosis of peripheral neuropathy in subjects with type 2 diabetes. *Exp Clin Endocrinol Diabetes* 2008;116(2):135-8.
2. Tentolouris N et al. Moisture status of the skin of the feet assessed by the visual test neuropad correlates with foot ulceration in diabetes. *Diabetes Care* 2010;33:5.

neuropad® test results

Please record your test results on this card and notify a member of your healthcare team at the earliest opportunity if your result for either foot is abnormal (blue or partially blue result).

Please note: an abnormal result is not a medical emergency.



Name: _____

Date of birth (DD/MM/YYYY):

____/____/____

Date test was carried out (DD/MM/YYYY):

____/____/____

