



iglu[®] SHIELD

The drug free
barrier treatment
for mouth ulcers.

Please read all of this leaflet carefully before using this product.

Keep this leaflet. You may need to read it again.

Ask your pharmacist if you need more information or advice.

You must contact your doctor or dentist if your symptoms worsen, do not improve, or if you notice any side effect not listed in this leaflet.

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1. What Iglu Shield is and what it is used for

- Iglu Shield is a non-medicated barrier that works by providing physical protection to help relieve mouth ulcers, sores and irritation.
- In contact with saliva inside the mouth, Iglu Shield forms an adhesive, malleable and protective coating over mouth ulcers and sores to help protect damaged areas as they heal.
- Iglu Shield is suitable for use by **adults, the elderly and children aged 8 and over.**
- It has a mild minty flavour.

2. Before you use Iglu Shield

Do not use Iglu Shield if you are **allergic (hypersensitive)** to any of the ingredients listed in Section 6.

Not suitable for long-term or extensive use. If you have recurrent or multiple mouth ulcers, tell your doctor.

It is very important that you tell your doctor or dentist if you have a mouth ulcer that lasts for more than 3 weeks or keeps coming back, particularly if there is any doubt as to how the mouth ulcer or sore was caused. National guidance suggests urgent referral in the case of persistent ulcers, to exclude the rare possibility of oral cancer, which can benefit from early diagnosis and treatment.

Take special care when using this product:

- Do not apply excessive amounts.
- Keep the product away from your eyes.

Interactions

Iglu Shield may be used at the same time as medicines. However, it is generally inadvisable to apply it at the same time as any other product used inside the mouth.

Eating and drinking

There is no need to remove Iglu Shield before eating and drinking. However, bear in mind that it may be necessary to re-apply it afterwards and preferably after cleaning teeth.

Pregnancy and breast-feeding

Use during pregnancy and breast-feeding is not recommended.

Driving and using machinery

Using this product is not known to affect your ability to drive or use machinery.

3. How to use Iglu Shield

Iglu Shield is designed for personal use. Do not share it with other people. Only use Iglu Shield for localised application inside the mouth on any mouth ulcers or sores. For best results start using at the first signs of soreness.

For adults, the elderly and children aged 8 and over

1. Wash your hands before and after use.
2. Squeeze a suitable amount (see 3 below) onto a clean, dry finger tip or cotton bud, and then apply directly to the mouth ulcer or sore using a single, gentle wiping action (avoid dabbing).
3. When applying to the problem area, the aim is to apply enough to cover the mouth ulcer or sore. It may take a few tries to find the right amount for you. However, care should be taken to avoid applying excessive amounts, which may dislodge or feel uncomfortable.
4. At first, the product may seem quite pasty and sticky, but after wetting with saliva, it will form a thick, adhesive and malleable coating.
5. Re-apply as required to keep the problem area(s) protected with a smooth coating. As a guide, each application may remain in place for up to several hours unless removed by eating, drinking or brushing teeth.
6. Do not apply to the back of the tongue and throat area.
7. If your condition does not improve, see your doctor or dentist.

If Iglu Shield accidentally gets into the eyes

Rinse immediately with plenty of water and continue rinsing for 10 to 15 minutes, holding the eyelids well apart. If rinsing one eye, take care to avoid washing product into the other eye. If irritation persists, contact a doctor.

If you use too much Iglu Shield

It may feel unpleasant in the mouth, any excess attached to the soft lining of the mouth will slowly disperse itself.

If you have any further questions on the use of this product ask your doctor or dentist.

4. Possible side effects

As for all products, side effects can occur although not everybody gets them. Some people may dislike the feel or texture of the product inside the mouth. If you experience any undesirable side effects, stop using the product and, if you have any concerns, tell your doctor or dentist.

Reporting of side effects

If you get any side effects, talk to your doctor or dentist. You can report side effects directly to the manufacturer (see Section 6 below) or via: United Kingdom: Device Yellow Card Scheme, website: www.mhra.gov.uk/yellowcard. By reporting side effects you can provide more information on the safety of this product.

5. How to store Iglu Shield

- Keep out of the sight and reach of children, particularly young children because the cap may pose a choking hazard.
- Do not use Iglu Shield after the use by date shown on the seal of the tube and carton. The use by date refers to the last day of the month.
- Do not store above 25°C.
- Always replace the cap tightly after use.
- Moisture coming into contact with the nozzle of the tube may cause the product to thicken and block the opening. Avoid getting the nozzle and cap wet.


6. Further information

What Iglu Shield contains:


The ingredients are carbomer, hydroxypropylcellulose, white soft paraffin, liquid paraffin and peppermint oil.

What Iglu Shield looks like and contents of the pack

- When squeezed from the tube, the product looks like a thick, white or off-white paste. It forms a malleable, flexible and adhesive coating when it becomes wet on contact with saliva inside the mouth.
- The product has a mild minty flavour and is available in plastic tubes containing 10 g.

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Hitchin, Herts, SG4 7QR, UK.
Owners of 'Iglu' Registered Trademark.

This leaflet was last revised in March 2025

 Consult instructions for use

 Batch code

 Use by date

 Manufacturer

