

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 Figure 1.



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 diabetes professional team or arrange to see your GP as soon as possible and take your test results with you. See Figure 2.



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 diabetes professional team or arrange to see your GP as soon as possible and take your test results with you. See Figure 3.



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):

____/____/____



neuropad®

neuropad® is a simple at-home or clinic screening test for the early detection of diabetic foot problems.

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 mucus membranes and must never be inhaled. Do not use if you are allergic to chrome, nickel or cobalt. Keep out of the reach of children. **PRODUCT COMPOSITION: Substrate:** transparent polyolefin film (medically modified). **Adhesive:** hypoallergenic medical grade polyacrylate glue. **Indicator pad:** 100% viscose, binder reinforced, impregnated with CoCl₂ solution. **LEGAL CLASSIFICATION:** CE medical device Class I. **DISPOSAL:** in general household rubbish or as clinical waste where available. Not suitable for any form of 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:

Colour blindness may make it difficult to distinguish blue from pink. If that is the case then ask someone to help you.



Applying the test in 5 steps

- 1 When you are ready to perform the test, remove your shoes and socks and clean and dry your feet if necessary. Wait 5 minutes for any moisture on the soles of your feet to evaporate and make sure that your hands are also completely dry.
- 2 Now open the silver-coloured sealed packet by tearing it at the top where marked and remove both pads. Put one pad aside for the other foot and remove the first pad from its individual clear packet. Ensure that the pad is a uniform blue colour. If it is already pink or partly pink, then it must not be used.
- 3 Without touching the blue square in the centre of the pad, peel off the final two-part white backing and carefully stick the pad on to any of the following: ideally to the ball of your left foot just below the big toe; or below the little toe; or on the underside of the arch of the foot. Allow 10 minutes for the test to complete.
- 4 After 10 minutes, carefully peel off the pad by holding one corner of it and when you have removed it completely from your foot, fold back the two sticky tabs on to the middle of the back of the test pad without touching it in order to seal your result.
- 5 Finally, check the colour and record the result by ticking the relevant box on the attached tear-off card. To complete the test, apply the second pad to your other foot by repeating the process as described in steps 3-4 above.

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.



Normal Finding



Abnormal



Abnormal



Normal Finding



Abnormal



Abnormal

Name: _____

Date of birth (DD/MM/YYYY):

____/____/____

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

____/____/____