

For patients receiving Psoralen and Ultra-Violet Light Therapy (PUVA)

What is Psoralen and Ultra-Violet Light Therapy (PUVA)

There are specific guidelines we follow for the safe administration of PUVA and to avoid potential side effects occurring from your treatment, failure to follow these precautions may result in your treatment being discontinued.

- Avoid any other form of ultraviolet treatment or relaxation e.g. solarium, sun bed or sunbathing during the course of the treatment.
- Tell your doctor or nurse if you are started on any other tablets or creams including over the counter medicines.
- Avoid perfumes, aftershave lotions or other cosmetics on days of PUVA treatment.
- Avoid alcohol on days of treatment.
- If male, shield genitalia while in the PUVA cabinet with dark pants or sock.
- Avoid wearing jewellery or watches when coming for your treatment.
- Avoid change of hairstyle.
- Inform a member of staff if you are unwell.
- Follow the same procedure each time you have treatment.
- Ideally use a water based, non-fragranced moisturiser one hour before treatment (e.g. cream or lotions: aqueous cream, diprobase, aveeno) Avoid ointment based moisturisers and prescribed creams on the day of treatment.
- Inform staff if you experience any adverse effects.

And if you are on PUVA tablets, you must:

- Take your psoralen tablets as directed by your doctor or nurse.
- Wear UVA-protective glasses from the time you take you tablets and for at least twelve hours when exposed to daylight, including through windows and strip lights. (For children and in certain circumstances 24 hours protection may be recommended). Your glasses must be checked by clinic staff at the beginning of treatment.
- Avoid prolonged exposure to direct sunlight (even through windows) on treatment days to avoid burning. This can be done with suitable clothing i.e. high neck, long sleeves, hat, gloves or alternatively a prescribed sun block. Lips should be protected with total block lip balm for UVA particularly if you suffer with cold sores.
- **If female, you must avoid pregnancy.**

I understand that PUVA can cause nausea and itching and very rarely severe sun burn like reactions (although every effort will be made by staff to avoid this).

I understand that PUVA may accelerate skin ageing and be associated with an increased risk of skin cancer which is initially very slight but will probably gradually increase after approx. 150 to 200 treatments.

I understand that there is a very slight risk of developing eye cataracts after prolonged treatment if I do not wear UVA – protective glasses at recommended times.

I confirm the above information has been explained to me and I agree to follow these precautions.

Patient signature: _____ **Date:** _____

Phototherapy Nurse signature: _____ **Date:** _____

Consent

You will have signed a consent form for the treatment and have been issued with a copy for your own records. The benefits and risks have been explained to you. Should you require any further information please speak with the nursing staff.

Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team on 01323 417400 Ext: 5860 or by email at: **esh-tr.patientexperience@nhs.net**

Hand hygiene

The Trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering

Other formats

If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.

Tel: 01424 755255 Ext: 2620

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

Reference

The following clinicians have been consulted and agreed this patient information:
Dr J Felton Dermatology Consultant

Next review date: January 2019

References: Patient Information on the use of PUVA treatment, Crawford Pharmaceuticals, May 2007.
Phototherapy Information Leaflet British Association of Dermatologists 2012

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