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## **PSORALEN AND ULTRAVIOLET RADIATION TREATMENT (PUVA)**

The ultraviolet radiation present in this treatment is also present in sunshine. It is present even on cloudy days and can pass through window glass.

From the time of taking the OxSORALEN-ultra capsules, you become sensitive to long wave ultraviolet radiation. Your sensitivity reaches a maximum at two hours and then decreases slowly during the rest of the day.

### **INSTRUCTIONS**

1. You must take your capsules promptly **two** hours before your light treatment.
2. You must be punctual for appointments.

### **During treatments**

1. Male patients must shield their genitalia during all PUVA treatments unless otherwise instructed by their physician.
2. Wear approved protective eyewear. These must block all ultraviolet radiation.
3. Apply sunscreen to face and a sunscreen lip balm before treatment, unless otherwise instructed.
4. Apply petrolatum (Vaseline) to all scaly areas before treatment.

### **For the day of treatment**

The correct dose of ultraviolet radiation is given to you during your treatment. Inadvertent or deliberate further exposure to sunlight on the day of taking the OxSORALEN-ultra (that is, before or after your treatment) can result in a severe sunburn.

Therefore, we advise that **during the day of treatment** you should take the following precautions (in daylight hours):

1. Wear long sleeves and slacks at all times
2. Wear a hat
3. Wear approved sunglasses while outdoors or indoors in front of a window, from the time that you ingest the OxSORALEN-ultra. **We recommend that you purchase and wear NOIR sunglasses.** Please call **1-800-521-9746** to receive your catalog to order.
4. Apply #15 or higher sunscreen and a sunscreen lip balm **after treatment** to all exposed areas. If you wash, swim, or perspire heavily, the sunscreen should be reapplied.
5. Avoid intentional sun exposure.

**OVER**

6. Everyone has at least some sun exposure before arriving at or after leaving the hospital, whether through the car windshield as you drive home or reflected off the ground as you walk along wearing a broad-brimmed hat. Be wise and follow the precautions.

**\*NOTE:** The precautions apply for cloudy days also, since UVA penetrates through clouds.

Remember, the risk period begins when you take the Oxisoralen-ultra and lasts for that day. It does not apply on non-treatment days, but you should avoid sunburn from ordinary sun exposure, as this will complicate your treatment.

### **Further precautions**

1. One of the long term potential risks of PUVA therapy is the development of cataracts. Ultraviolet exposure to the eye should be avoided after ingesting oxisoralen-ultra. **Appropriate** protective eyewear will block all of the effective ultraviolet radiation. It is not known how long the eyes remain at risk but it is important to wear appropriate eyewear whenever outdoors or immediately from the time of ingesting Oxisoralen-ultra to the end of the day. During frequent PUVA treatments (three times weekly or more) it is wise to wear appropriate eyewear whenever in sunlight.
2. If you develop any redness or soreness after a treatment, please notify us **before** your next treatment.
3. Women patients who become pregnant should discontinue PUVA treatments immediately and notify the physician who will then recommend other forms of treatment.
4. It is known that long-term sun exposure causes skin cancer. In certain susceptible persons the risk of skin cancer is most likely increased by PUVA. This risk is highest in persons with previous skin cancers or persons who have had x-ray treatment of skin diseases. Previous skin cancer or x-ray treatment should be brought to the attention of your physician. All PUVA patients should avoid prolonged or excessive sunbathing unless it is prescribed as part of their maintenance therapy. All PUVA patients should be carefully examined for evidence of skin cancer at least yearly.

### **Other requirements**

1. Complete eye examination by an eye doctor when beginning PUVA, **and once yearly thereafter**. Please have the report sent to us.
2. Blood tests and urinalysis before beginning PUVA.

**For more information please visit our website: [www.pennstatehershey.org/web/dermatology/home](http://www.pennstatehershey.org/web/dermatology/home) and click on Health Information Library.**

If you have any questions or concerns, please contact your provider at the location you were treated.  
Hershey Medical Center, UPC I, Suite 100 (717) 531-6820 or Nyes Road, (717) 657-4045.

