



0400002

PLACE LABEL HERE.

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IF LABEL NOT AVAILABLE, WRITE IN PT NAME & MR#

**PUVA WITH ORAL MEDICATION PATIENT DISCHARGE INSTRUCTIONS**

- Take medication in amount prescribed 1 hour and 15 minutes before scheduled PUVA treatment.
- Medication should be taken with food or after eating; it is not to be taken on an empty stomach. Try to arrange your treatments at about the same time each day and eat about the same amount of food when you take your Oxsoralen pills.
- Special sunglasses should be worn to protect the eyes. UVA inhibitor wraparound sunglasses must be used **FROM THE TIME OF INGESTING MEDICATION THROUGH A 24 HOUR PERIOD** whenever you are exposed to sunlight including light through window glass. Use clear rather than tinted glasses while driving at dusk.
- Avoid daylight exposure to skin for 12 hours after taking your light treatment.
- Should daylight exposure be unavoidable (for example, driving with sun-exposed hands and arms, outdoor activities, etc.), the skin should be protected with either clothing, hats, and/or the use of suncreening agents (SPF 15 or higher) which can be purchased at local drugstores without a prescription. After you take your Oxsoralen pills and are driving to the hospital, be sure to protect your hands, arms, face and neck from any sun exposure through the car windows. This can be done by covering with clothing or applying sunscreen. Be sure the sunscreen is water washable, not waterproof, if those areas will be treated with PUVA.
- Prolonged sunlight exposure on days when not taking the medication should be avoided as you may be more susceptible than usual to burn. Moderate exposure with caution is acceptable.
- Clouds do not screen out ultraviolet light (UVA); therefore, take the same precautions when outside on an overcast day that you would take if the sun were shining.
- Any noted side effects should be reported immediately to the physician or nurse in charge. New medications prescribed by a doctor or dentist should be reported to your nurse immediately.
- Topical steroid ointments and/or creams should not be used unless on scalp or areas shielded from UVA or unless prescribed by the physician.
- It may be necessary to use oils or lubricating lotions on your skin since the treatment tends to make your skin dry. You should apply mineral oil to your skin prior to your treatment to minimize reflection of light by the scales.
- Alcohol dilates the blood vessels thereby supplying more blood to already oversupplied psoriatic areas. Ideally, no psoriatic should drink; realistically, consumption should be held to a minimum.
- Male patients should wear an athletic supporter or underwear during the treatment to avoid light exposure to the genital area.
- Punctuality is important. If you are late and the schedule is full, each patient following you is penalized and treatments may require rescheduling. Please call 434-924-5115 with questions or concerns.

I have read the above information. All of my questions have been answered and I fully understand my responsibilities pertaining to my treatment.

\_\_\_\_\_  
 PATIENT NAME/SIGNATURE OR RESPONSIBLE PARTY

Reviewed by: \_\_\_\_\_

Staff Name/Signature \_\_\_\_\_ Date \_\_\_\_\_

If Translated: Translation provided by: \_\_\_\_\_ Date \_\_\_\_\_

Interpreter Name \_\_\_\_\_ CypracomID# \_\_\_\_\_